

WOMAN'S HEALTH AND HAPPINESS

CECIL WEBB-JOHNSON

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WOMAN'S HEALTH AND
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WOMAN'S HEALTH AND HAPPINESS

BY

CECIL WEBB-JOHNSON
M.B., Ch.B.

WITH A PREFACE BY

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METHUEN & CO. LTD.
36 ESSEX STREET W.C.
LONDON

21052122

First Published in 1925

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PREFACE

DOCTOR CECIL WEBB-JOHNSON is a brave man. In the twentieth century he has dared to write a book on Woman. It remains for a woman physician to retaliate by recording her observations on Man ! There are both advantages and disadvantages in this type of book being written by one of the opposite sex. The writer has the advantage, for example, of the on-looker who "sees most of the game," and the disadvantage which arises from the fact that a member of one sex can never see precisely from the viewpoint of the other.

Speaking for my own sex, I think we may sincerely thank Dr. Cecil Webb-Johnson for much sound and sensible advice. He has treated a large range of subjects in a sane and practical manner. Even though I may not always agree with his psychology, I do most heartily endorse his views on diet, exercise, employment, and so forth. All women will appreciate his ideals of service and self-forgetfulness. Mothers will find the chapters on children useful and practical. Help is offered to the nervous and the "worrier," and no one can read this book without realizing more clearly the effect on the body of a healthy and tranquil mind.

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It is to be hoped that many will learn from these chapters how to combine right thinking and wholesome living, and so rise to a higher level of health and happiness.

EVELYN N. SAYWELL

146, HARLEY STREET, W.

INTRODUCTION

“ We spend our life in learning pilotage ;
And grow good steersmen when the vessels crank.”

WOMAN, who typifies the Female Principle and source of life, is predominant, as far as actual numbers go, in the human race, and, indirectly and directly, exercises an enormous and incalculable influence in every department of human life. Yet she has never been treated fairly by male writers. She is subjected either to fulsome flattery or flippant cynicism, both equally derogatory. Alternately, she is worshipped as a goddess or despised as an inferior type of human being. She suffers indignity, in their several ways, from the sentimental and the cynical schools. It is her constant fate to be pursued either by bitter abuse, sugary compliments, or ridicule.

One could fill a large library with the printed opinions of various writers of all centuries on the characteristics of woman, but it seems an impossibility for a writer of the male sex to take an impartial and unprejudiced view of the other half of creation. He must either ban or bless, and the subject of his remarks is, as was observed of a very different character :

“ Ower guid for banning,
An’ ower bad for blessing.”

As with the writers, so with the general community. All the nations have their differing views of women, but none puts her on a footing of equality with man. She is either raised over him, as in England, the United States, and some savage tribes, or put below him, as with Turks, Belgians, and Germans.

No wonder that the average woman is at a loss to know how to regard herself in the face of all these differing and conflicting opinions! It is no reason for marvel that there are so many unhappy marriages.

Yet it need not be so. Many men have testified to the help and comfort they have obtained from women, and among these some of the most eminent. The tribute of the great statesman, Lord Beaconsfield, to his wife is well known. It occurs in the dedication of his early novel, "Sybil," and runs:

"I dedicate this work to one whose gentle nature and noble spirit force her to feel for all who suffer, whose sweet voice has often encouraged me, and whose good taste and correct judgment have often guided these pages—the sternest of critics and the most perfect of wives."

Poets are notoriously fickle, unstable creatures, but one of the greatest English poets was passionately attached to his wife during the whole of a long married life, and the love story of the Brownings makes an idyll in itself.

It is a curious and significant fact that the Brownings lived together for fifteen years, until Elizabeth's death in 1861, without being separated for a single day. In modern times when some people actually rush into print to advocate that married couples

should spend their holidays apart, so as to have a "rest" from each other's society, this appears extremely old-fashioned, but it shows that there is such a thing as an ideal union.

One more instance of an idyllically happy union, and I have done with this part of my subject. As the Brownings were both poets, so the Schumanns were both musicians, but instead of the rivalry and jealousy so often shown when husband and wife are both engaged in artistic pursuits, we find passionate and mutual attachment which persisted in spite of the composer's constant ill-health which culminated in confinement in an asylum. Frau Schumann was not the least fervent admirer of her gifted husband's genius. She wrote in her diary :

" How splendid it is to see so incessantly creative a mind ! Often fear assails me when I think of what a happy wife I am among millions."

Though they are untrumpeted and unsung, there are millions of happy households in the world, but they attract no attention. It is the unhappily married who achieve, through gossip, notoriety and publicity. This little digression is simply undertaken to show that complete happiness is not impossible for women, although from the pessimistic diatribes of some modern novelists and essayists one might imagine so. A home and married happiness should be the aim and ambition of every woman, in spite of the sneers of some under- or over-sexed female writers.

The object of this unpretentious work is to ensure the health and happiness of the reader by pointing out some of the dangers, physical, social, and moral,

which beset her path ; and guiding her into safer ways. It is hoped to help the average woman to the clearer and better knowledge of herself, her capacities and capabilities, and thus prevent ignorance and false ideas from wrecking a life which might—and ought to—be serene and bright. The writer condemns equally the schools which would exalt woman into a goddess on a cloud, and which would place her lower in the scale of creation than man. Both are equally absurd and wrong. Woman is to be considered as a human being, *the equal and complement of man*, and, like him, capable of all kinds of follies and errors, as well as acts of bravery and self-sacrifice.

Self-knowledge is a chart ; the ship provided with it is more likely to avoid the treacherous shoals and cruel rocks which beset the sea of life. Too many girls and young women start in life with but little knowledge of their own bodies and still less of their own souls, and, as has been well said :

“ There is no darkness but ignorance.”

CECIL WEBB-JOHNSON

66, HARLEY STREET,
LONDON, W.

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WOMAN'S HEALTH AND HAPPINESS

CHAPTER I

SOME ASPECTS OF MARRIAGE

“ Wives are young men's mistresses, companions for middle age, and old men's nurses.”

“ Advice to those about to marry—*don't* ”—the monosyllabic monition of the Democritus of Fleet Street.

“ The perfect husband is generally devoid of great passion and romance.”

IT is a commonplace to say that marriage is the most important event in a woman's life ; but alas, we find too many people treating this serious matter with the utmost levity, and being afterwards bitterly punished by lifelong misery. This world is now slowly but surely recovering its balance after the feverish years of war ; but during that period how many hasty and ill-considered “ war marriages ” were rushed into, to the lasting regret of both participants !—that is to say, if the man was not killed in the long and bloody struggle, and truly death itself is preferable to the long-drawn-out misery of an unhappy marriage. Young men home on leave would dance a few times with some attractive girl, a mutual passion would arise,

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and the two foolish creatures, without troubling to know more of each other's characters, would hasten to the registrar's to be united in a bond only revocable by death or the Divorce Court. Reckless and blameworthy as such hasty unions might be, they had at least the excuse of mutual attraction, stimulated by the excitement and high tension of the war period, but there were many shameful alliances without this palliation. In the lower strata of society, hundreds and thousands of girls and women married soldiers so as to obtain their separation allowance, and pension should they become casualties. This horrible trade rose to such a pitch that some of these harpies would deliberately seek out and marry men of the Overseas troops because their pay, allowances and pensions were on a higher scale than those of the British soldier. The difference between five shillings *per diem* and the traditional "shilling a day" of the Tommy loomed very large in the greedy eyes of these female ghouls.

The guns have ceased to boom ; but even now marriages are entered into far too light-heartedly. The immense disparity in numbers between the sexes in the Kingdom, and the consequent diminution of the chances of marriage for women, tend to make the spinster snatch eagerly at the first offer. For, when all is said and done, marriage remains the "career" for which woman is best fitted, and the one to which she most leans. These things being so, no one can wonder at the very large proportion of unsuitable and unhappy marriages which take place. The Divorce Court and the police courts have their statistics, which are sadden-

ing enough ; but they do not take cognizance of the thousands of unions in which misery and suffering are silently, as far as the outside public is concerned, endured, sometimes through pride and sometimes because of economic reasons, or those of family. Tastes, temperaments, and social station—all have their influence, and the marriage is happy or unhappy according as these coincide or clash.

Often married women argue that they have given “ themselves ” and that that is enough. Surely, the corollary is that the man has given *himself*, and so on that point they are equal. In discussing matrimony, one must see that equal points cancel each other out. A woman’s body is of no more value than that of a man. In the animal world the male is of far more value than the female. There are exceptions, but only in the lower orders of creation, such as bees and spiders, in which the male dies after the nuptial embrace.

One of the most potent factors in rendering marriage happy is that of health. For years, earnest people have been agitating that every man and every woman contemplating matrimony should be examined by a qualified medical man, and certificated—clergymen and registrars being empowered to refuse to perform the ceremony unless the physician’s report were satisfactory. We shall probably, in our time, never see this reform put into practice, though it has much to recommend it. In the present state of the law anyone tuberculous, alcoholic, with venereal disease and a family history of insanity, may take some innocent girl to wife and beget children. A moment’s reflection shows that this ought not to be. Yet the subject bristles with

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difficulties. If this world had always been run on the principles of a stud-farm, many of our greatest men would have been lost to it. The mighty Nelson was a sickly youth ; Cecil Rhodes was consumptive, and was sent to South Africa for cure ; Poe was an alcoholic ; and Shakespeare himself drank more than was good for him ; Coleridge was addicted to drugs ; Byron and Pope were deformed ; Cowper was subject to fits of insanity ; Carlyle was a martyr, all his life, to dyspepsia ; the great Napoleon died at an early age from cancer in the stomach, induced by his habits of eating ; Johnson, Steele, Addison, Sheridan, C. J. Fox, and many other wits and statesmen were habitual deep drinkers—in fact, the list might be extended indefinitely.

Still, we are not dealing with great men, who are exceptions, and do not often come upon earth, but with the ordinary man and woman, and it is of the highest importance that persons contemplating matrimony should have a “clean bill of health.” There is an old proverb which tells us that “a reformed rake makes the best husband”—and a doctrine more devilish has never been put forward. To begin with, the reformed rake has certainly degenerated his tissues with over-indulgence in alcohol, besides debilitating himself with other excesses, and moreover, the chances are that he has acquired some form or other of venereal disease. These terrible scourges, the destined punishment of a life spent in self-indulgence, are hardly ever completely cured ; sometimes they are only latent, and may appear in the innocent wife and offspring. Many a chaste wife has had the agony of bringing a blind or idiotic child into the world as a result of her hus-

band's pre-marital excesses and their consequences. One hardly knows how to write with moderation of the heartless creature who, knowing himself infected, would deliberately unite himself to a pure, healthy girl. Those women who will marry a libertine and a profligate with their eyes open, depending on the truly hellish teaching that a reformed rake makes the best husband, are entering upon a married life of misery and ill-health. Even if, by some wonderful chance, the libertine has escaped the worst consequences of his excesses, his will-power has been weakened and his sensual ideas inflamed by the life he has led. As a consequence, he is apt to degrade his bride to be a mere instrument for the gratification of desire. Half unwittingly, he expects her to be as subservient to his will as were the easy-going ladies who shared his earlier life, and marriage, instead of being a perfect union of two minds and souls, degenerates into a kind of legalized prostitution. One cannot touch pitch and not be defiled; and the man who has wallowed in sensuality cannot fail to be a mental, moral and physical degenerate. Yet Christian parents in this civilized land will give their pure daughters to such men, comforting themselves with the thought that "young fellows must sow their wild oats," and that "a man's life is different"—maxims taken straight out of the Devil's copybook.

We must now consider the other side of the question, with which this book is more closely connected, the health of the woman who wishes to enter the state of matrimony. Some authorities say that if she has a family history of insanity or tuberculosis, even if it be a generation or two back—she should hesitate

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to marry. Certainly if she is actually suffering from the last-named complaint, or some serious form of heart disease, marriage is not for her. The tubercular taint or tendency might be transmitted to any children. Moreover, were she to be confined, her heart, if it were weak, would be liable to fail. Two people with a tendency to the same weakness should never marry. To do so were a crime against possible offspring. There used to be a decided prejudice against the marriage of first cousins, and it certainly had some foundation. Cousins might marry without much risk if the family on both sides were perfectly healthy; but of how many families could this be safely said?

Now let us consider the proper time for marriage. Some women mature earlier than others; and in hot climates a girl is marriageable at twelve or fourteen. Among the Jews maturity comes sooner than with the Gentiles around them, though the climate be the same. It may be laid down as a general rule that no girl should marry till she has attained the age of twenty-one. Until then she is not mature enough for the manifold burdens of matrimony; nor has her body attained its full development. It ought to be made a crime for any growing or immature girl to be married. We see some of the results in the East End, where children of sixteen and seventeen are allowed to marry and produce sickly, ailing babies. Often the boy husband beats or deserts his girl-wife, not having a matured sense of his responsibilities, and the outcome is a police-court case. Sometimes the marriage state proves so irksome to the lad that he goes home to his mother! This is a fact with which any social

worker among the poor is perfectly acquainted. Statistics show us that the mortality rate is greater when girls marry under the age of twenty-one, and a too-early exercise of the sexual functions depresses vitality. Moreover, heedless, ardent youth is apt to indulge without limit in the joys of matrimony, with disastrous reactions. The young girl-wife becomes weak, nervous and excitable, and in no condition to produce sound and healthy children. The idea that because a marriage ceremony has taken place a young couple are free to indulge their passions without stint, is both socially and physiologically false. It is not unknown for unlimited embraces to produce satiety and disgust, paving the way for long-drawn-out misery for both. The young husband tires of his once-beloved wife, and infidelity ensues.

We find, therefore, that even if the economic conditions are favourable, very early marriages are to be condemned. The best age for a young woman to marry, is between twenty-two and twenty-eight, and her husband should be three or four years her senior, because a woman ages sooner than a man. The Spartans by law forbade a man to marry before thirty, and a woman before twenty, and they were a race of the most robust type. Too early matrimony produces premature senility, and the victim—the term is not too strong—soon fades, becomes either haggard or bloated, and loses her youthful appearance and vigour. Among the classes mentioned above, where boy-and-girl marriages are the rule, a wife will look like a worn-out old woman at thirty. Hard work and continual pregnancies have, of course, a great deal to do with producing this

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result, as well as insufficient food and unhygienic ways of living, but, when everything else has been taken into account, premature marriage is the main factor.

Many women bring untold misery upon themselves because they imagine it their duty to submit to their husband's desires without question, and many men are so selfish that they take the fullest advantage of this mistaken notion, without considering what the wife's wishes may be. It cannot be too often insisted upon that a woman's body is her own property, and that she is false to herself if, from a mistaken sense of wifely duty, she yields to her husband's demands without consulting her own feelings. At times, this yielding is due to fear. Full of self-esteem, and wounded in his vanity, the repulsed husband may indicate to the reluctant wife—if not in actual words, then by his manner—that she is not the only woman in the world. Dread of this attitude on the part of her husband has driven many a wife into repugnant embraces.

If possible, husband and wife should occupy separate rooms, and if economic reasons forbid this comfortable and hygienic fashion, they should at any rate have two beds. The conjugal double bed is fast disappearing from all but the most old-fashioned of homes, being replaced by the sensible and comfortable pair of twin beds. Refreshing sleep is best attained in separate beds, for if one partner is disturbed and restless, the other will not have a peaceful night, when the same couch is occupied by both. The great novelist and philosopher, Balzac, says :

“ To put the system of separate bedrooms into practice is to attain to the highest degree of intellectual power and of virility. By what syllogism man arrived at establishing as a custom that of man and wife sleeping together, a practice so fatal to happiness, to health, to pleasure and even to self-love, would be curious to seek out.”

Balzac is also very sound in his views on the necessity for consideration and tenderness on the part of the newly married man towards his innocent bride. Many a girl weds without any idea, beyond a very vague one of what the marriage-relation means. Balzac says :

“ How many men proceed with women as the monkey of Casson with the violin ; they have broken the heart without knowing it, as they have tarnished and disdained the jewel whose secret they never understood. Almost all men . . . have commenced by forcing open the doors of a strange house and have wished to be well received in its salon. . . . The world is full of young women who grow pale and feeble, sick and suffering. The ones are a prey to inflammations more or less severe ; the others remain under the dominion of nervous attacks more or less violent. All these husbands have caused their own unhappiness and ruin. Love is the union of necessity and of sentiment. Happiness in marriage is the result of perfect understanding between the spirits of husband and wife ; from this it happens that in order to be happy, a man is obliged to bend himself to certain rules of delicacy and honour. After taking advantage of the social laws which consecrate the necessity, it is necessary to obey the secret laws of nature in order to make the sentiments flourish. If a man places his happiness on being loved, it is necessary that he should love sincerely, for nothing resists a true and genuine passion.”

One can add little to the vivid words of the great French romancer, whose novels are immortal because they are based upon his profound knowledge of the human heart, its possibilities, and its limitations.

Naturally, the cynics and the wits have all had a tilt at marriage as an institution. At a bachelors' dinner, the following sentiments were among those expressed :

"The truest chivalry to the woman who loves you is to leave her a spinster."

"The ideal wife exists only in the imagination of the man who never had one."

"Of course, bachelors should be taxed—it's worth it."

"Love is the wine of life—marriage the morning after."

"Marriages are made in heaven, but the brand is not exported."

Bacon says :

"Unmarried men are the best friends, the best masters, and the best servants."

It is thus that some men disparage women, but the opinion of their own sex cannot be ignored. For example, Mrs. Craigie ("John Oliver Hobbes") wrote :

"I have not found women at all comparable with men in the talents or in the nobler virtues. I have no confidence in the honour of the average woman or in her brains. The really distinguished women have been trained and influenced by men, and a man-hater I distrust and detest. She has the worst qualities of both sexes invariably."

It is sad to think this is often true since it is so unkind !

CHAPTER II

SEXUAL LOVE

“ Man’s love is of man’s life a thing apart ; ’tis woman’s whole existence.”

Byron.

“ Love seeks to give while passion seeks to take.”

“ La vie est brève ;
Un peu d’amour,
Un peu de rêve,
Et puis—Bonjour.
La vie est vaine ;
Un peu d’espoir,
Un peu de haine,
Et puis—Bonsoir ! ”

De Musset.

“ **M**ARITAL love is a plant that, even when growing on the most favourable soil, requires constant care if it is not to wither.” This is the opinion of Dr. L. Lowenfeld, as given in his well-known work on “ Conjugal Happiness.” That husbands and wives do lose their affection for each other, unfortunately, is a fact too patent to be denied for a moment. The Law Courts are constantly dealing with matrimonial disputes ; and for every case which comes into notice there are hundreds of others in which the parties are too proud, or too indifferent, or too

hampered by economic conditions, to make their differences public. That conjugal love and happiness may in a good many cases continue to the very end of life is not to be contradicted ; we see it every day. There have been many instances of one partner refusing to survive the other, and this is more often the case with elderly people than with those who have not yet lost sexual feeling. This is a proof that mutual affection and respect, and the desire for companionship, are more binding than passion. In these cases, no doubt, the precept given above has been followed, and constant cultivation has prevented the flower of marital love from withering. It follows, then, that a woman can keep her husband's love under certain conditions and is liable to lose it under others ; and there is a practical maxim which lays down that if a woman fails to retain her husband's affection, it is entirely her own fault. Cynics and observers of life have held that any woman, given propinquity, can marry any man she likes, and the obvious corollary is that she can retain him if she so chooses.

There are several ways in which a woman may lose her husband's love. One is by displaying a distaste for his caresses, which, besides being extremely hurtful and humiliating, will, if the husband be a man of fine feeling, deprive him of any pleasure in the conjugal embrace. It is a curious but frequent anomaly that a woman may be what is called "in love" with a man, and yet be sexually completely frigid, only submitting to her husband's embraces from a sense of duty. The frigid woman is more frequent than the frigid man ; in fact, an eminent authority has put the proportion of frigid women to

those with normal sexual feelings as high as forty per cent. This is among the northern races ; but, even so, the figure seems a little excessive. Still, that complete frigidity, or a very low development of the sexual instinct, does exist in a considerable proportion of women is undoubted ; and it leads to a great deal of matrimonial misery.

The question may be asked : Why do such women marry at all ? There are various reasons. They marry in order to be supported, or to triumph over their girl-friends in the character of a married woman. Yet another section, as noted above, may care for a certain man's society, and yet be completely indifferent to intercourse. Some girls are kept in such a lamentable state of ignorance that they enter into matrimony not knowing in the least what it implies. Should they be frigid—as very often happens—the honeymoon frightens and disgusts them ; the husband, finding his bride averse from his embraces, is hurt and angry, and the happiness of that union is wrecked at the very outset.

Some men, repulsed by their wives, turn to other women.

Some writers hold that, in *all* cases, passion counts for less than love with women. For instance, August Forel has this striking passage in his best-known work :

“ I again emphasize the fact that *in normal women*, especially young girls, the sexual appetite is subordinate to love. In the young girl love is a mixture of exalted admiration for masculine courage and grandeur, and an ardent desire for affection and maternity. She wishes to be outwardly dominated by a man, but to dominate him by her heart.”

In the case of women, love and passion are two distinct and separate things. A woman may be sexually indifferent yet long for the constant companionship and protection of one particular man. By a curious contradiction in her nature, she may even desire to bear him children, though finding no pleasure or satisfaction from his embraces, to which she only submits from a sense of duty. A happily married woman admitted, to the writer's knowledge, that she had had three children without feeling the slightest pleasurable sensation in intercourse. Yet, after some years of married life, she began to experience normal sensations in the conjugal embrace. The relations between love and the sexual appetite are extremely complex. In the man, the second may exist without the first, while love may often persist without appetite in the woman. Forel says :

“ It may also happen that love precedes appetite, and this often leads to the most happy unions. Two characters may have extreme mutual sympathy, and this purely intellectual and sentimental sympathy may at first develop without a shadow of sensuality. This is nearly always the case when it exists from infancy. In modern society an enormous number of sexual unions, or marriages, are consummated without a trace of love, and are based on pure speculation, conventionality, or fortune. Here it is tacitly assumed that the normal sexual appetite combined with custom will cement the marriage and render it durable. As the normal man has not, as a rule, extreme sentiments, such prevision is usually realized on the whole, the conjoints becoming gradually adapted to one another, more or less successfully, according to the discoveries which are made after marriage. . . . It is clear that love is derived from two factors, (1) momentary sexual passion ; (2) the hereditary and instinctive sentiments of sympathy which are derived from the primordial sexual appetite of our animal ancestors, but which have become completely independent

of this appetite. Between these two terms are placed the sentiments of sympathy experienced by the individual in his former life, which have most often been provoked by sexual desire for an individual of the opposite sex, and which may, evoked by the aid of remembrance, kindle afresh and continue strongly to maintain constancy of love. These different sentiments pass into each other in all possible shades and continually react on each other. Sexual appetite, for example, awakes sympathy, and is awakened by the latter in its turn ; on the contrary, it is cooled or extinguished under the influence of bad conduct on the part of the person loved."

One can add but little to this admirable definition of the passion of love between the sexes. A cynic has said that " there is always one who loves and one who is beloved," and this may be true in some cases, but it is by no means invariable. The social observer will often remark how, in a marriage, one partner will lavish adoration on the other who remains, if not indifferent, yet apparently incapable of responding to the full. How many women are passionately devoted to some cold-blooded egotist, who takes such devotion as nothing but his due ! How many men lay all the overflowing affection of a big, manly nature at the feet of an empty-headed doll, whose only desire is to exploit for her own advantage the love thus freely expended ! Sometimes, however one comes across the ideal love-match, which may be defined thus : A man and a woman are led by mutual sexual attraction, combined with harmony of character, to form a union in which they stimulate each other to social work, beginning this work with their mutual education and that of their children.

To a happily married man his wife should be :

“ A guardian angel o’er his life presiding,
Doubling his pleasures and his cares dividing.”

In those young women where sexual impulse is subordinate to love, that love is a mixture of exalted admiration for the courage and strength (often idealized!) of the male, and an ardent desire for affection and for motherhood. This sentimental idealism sometimes completely conquers will and reason, and renders them unresistingly submissive to the desires of the male being whom they admire so ecstatically. A young girl will surrender herself to the loved one, not out of sexual desire in the least, but simply from a wish to do everything in her power to please him and make him happy, and because she imagines a refusal would cause him to leave her in anger. One of the most pathetic delusions on earth is that which causes the girl to abandon herself with the idea that surrender will bind the lover closer to her. This delusion has been the cause of scores and hundreds of tragedies. It combines with the parental instinct, so much stronger in woman than in man, to render a woman willing to give herself to a man passively, to be conquered, mastered, and subjugated. The way in which the sexual instinct in woman is intermingled with the desire of motherhood is one of the most curious phenomena in the natural world. From man the normal woman requires love and protection, and this includes protection and support for the possible offspring. For a woman these are the principal requirements in marriage, and are even more desired than the gratification of the sexual appetite. Moreover, woman is more monogamous than man. She desires to be loved by one, and one only, and will

remain faithful. Unselfish love is capable of any sacrifice. Læna, the beloved of Harmodius, tortured to make her give evidence against him, bit out her tongue. Occasionally one hears of wantons whose untrammelled desires rove from one man to another, but the normal woman is monogamous. Before marriage, the sight of one particular man awakens in the young girl desires and anticipations; she wishes that her children shall be by this man, and that he shall belong to her and to her only. After possession, this sentiment is strengthened and confirmed, while it is no unusual thing for the man to "cool off" as soon as the novelty of the union has faded.

It would need a large volume to expound all the mysteries and the manifestations of sexual love; it is far from being a simple subject. The phenomena accompanying it are many and various. It is yet to be explained why a cultured man will leave a handsome and attractive wife in order to wallow in the vilest stews of the town; and this is only one instance of the hidden things connected with the vast subject of sex attraction. The various phenomena connected with the nerves, the blood, the brain, as well as the actual sexual organs make the subject one of immense complications. It might be useful to quote a few extracts from the article written by a physician and appearing in a weekly paper. The writer says:

"Love, in short, is a mental and emotional exercise of a very exacting kind.

"Lovers never understand this. They all, without exception, fall into the error of supposing that happiness should come to them without the slightest effort or difficulty,

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Consequently, when they feel tired or fretful in each other's company, a quarrel is certain.

"The girl, finding herself uninspired, is very apt to assume that the feelings of the man towards her have changed. She declares miserably: 'You don't love me as much as you used to.' He protests that she is entirely mistaken, and blames her in his heart for lack of faith. And so the dispute begins.

"In the case of ordinary, healthy young people, the trouble seldom advances beyond this stage. They soon recover their good spirits and with them their happiness. But it is different when either the man or girl is of a nervous disposition. Then love falls sick, quarrels multiply and, often enough, the engagement is broken off.

"There are always plenty of reasons to give for such a catastrophe; but my experience as a doctor leads me to think that the real reason is seldom suspected. If the man who feels himself insulted and flouted could only understand that his fiancée is deserving of his pity rather than his anger, how different would be his feelings!

"Some time ago a girl consulted a surgeon in a great provincial town. She told him that she had no control over her temper and that, in consequence, her engagement to a man with whom she was deeply in love had been broken off. Her idea was that some operation might be performed on her brain.

"Instead, the surgeon operated and removed her appendix—and her fits of bad temper ceased.

"This girl was suffering from chronic slight blood poisoning arising from an old appendicitis which had occurred in childhood and been forgotten. There was just enough damage left behind to keep her nervous system in a state of constant irritation.

"So far as the events of everyday life were concerned she was quite fit. But the emotional stress of being in love was too much for her. Love found her out and unbalanced her nerves.

"My advice to lovers who have lost the joy of their love is to make quite sure that ill-health is not the hidden enemy. Most people, in my personal experience, are good-natured and happy when they are well.

“The mischief is that we are all so very apt to lay the blame of our unhappiness on the world in which we live and in the people who surround us. It is human nature to believe that those who are dearest to us are most directly responsible for our loss of joy.

“The girl who declares: ‘You do not love me,’ is terribly conscious of her own misery. But she puts the cause of it outside of herself, believing, quite honestly, that she has suffered a loss. If she could only realize that, in fact, it is her own mind that has become loveless, she would not complain. Nor would she feel any anxiety except to become strong and well.

“I am convinced that the great improvement which has recently taken place in the health of women will exercise a profound effect on the happiness of married life in the next generation. We shall re-make our homes and enjoy them more fully and completely.

“That is another way of saying that the best cure of unhappy marriages is a healthier way of living. The craving for excitement, the restlessness which finds satisfaction only in new adventures, the merriment which flickers between fits of depression—all these are symptoms of nerve poisoning.

“The cure of such maladies is always difficult, because it is necessary, in the first instance, to discover the cause. This may be the presence of some unsuspected inflammation in the throat, at the sockets of the teeth, in the nose, or in the appendix. Again, it may be lack of exercise, with consequent failure to breathe deeply; or overeating; or overwork; or lack of sufficient sleep.”

One of the heads of our calling, Lord Dawson of Penn, in a speech delivered at the Church Congress at Birmingham in 1922, made some cogent remarks on sexual love. He said:

“Reciprocity in sex-love is the physical counterpart of sympathy. More marriages fail from inadequate and clumsy sex-love than from too much sex-love.”

“Passion,” remarked Lord Dawson, “is a worthy pos-

session ; most men, who are any good, are capable of passion."

Some women have been and are capable of overweening passion ; such as Messalina, whose love was sensual indulgence, as was that of Catherine the Great of Russia, whereas Agrippina's sensuality was subservient to her ambition. It has been observed that "if a woman was not content with one lover, twenty will not satisfy her." Passion is no respecter of persons ; of two celebrated mistresses of a French king, La Pompadour came from the middle classes, du Barry from the depths.

Sex-love does not naturally mean sensuality, which is akin to drunkenness, or any other form of lack of self-control. The real and effective restraints on sex-love arise from sympathy and understanding, from parenthood, from civic responsibility.

CHAPTER III

BIRTH CONTROL AND STERILITY

“No children run to lisp their sire’s return
Or climb his knee the envied kiss to share.”
Gray’s Elegy.

DISCUSSING sociological questions in Great Britain, a leading American magazine says :

“A decrease in the birth-rate is not necessarily a misfortune to a country. Very likely the British Isles have now all the population they can support in comfort under present economic conditions. The alarming thing about it is that the breeding is from the poorest stock instead of the best. Whatever objective standard one may take, this is true. A statistical study of the population of Great Britain showed that in the districts where there was the most overcrowding, the cheapest type of labour, the lowest degree of culture and education, the highest percentage of pauperism and lunacy, the greatest criminality and the highest death-rate from tuberculosis and infantile diseases, there the number of children was greatest in proportion to the possibly productive wives. It is a clear case of the survival of the unfittest, the reversal of evolution. No race can maintain its efficiency and virility against such reactive forces.

“The future of a country depends ultimately upon the character and ability of its people. Increase of wealth, advance of science, improvement in education, discoveries in sanitation, just social conditions, all the achievements and hopes of the present age will be of little benefit to pos-

terity if there is a decline in the native quality of the race. It would be disastrous to hand over a more perfect governmental machine to inferior engineers.

"One-seventh of the present generation will be the parents of one-half of the next. Therefore, two generations of selection, natural or designed, would completely transform the character of a nation. Is this seventh composed of the best men and women that we have ?

"This is what is going to determine whether civilization shall advance or retrograde. Galton's ideal of eugenics may be too much in advance of the age to be practical, but at least something could be done to awaken the people to the imminent dangers."

That the race will deteriorate if indiscriminate breeding is allowed to go on unchecked is one of the great arguments in favour of some system of birth control ; and it is supported by some of the best intellects of our time. Thus, Lord Dawson of Penn (formerly Sir Bertrand Dawson, the King's physician) asserts that birth control is, not merely in itself, but absolutely, a necessity as a remedy for overcrowding and unemployment. With over a million men permanently out of work in this country, there is something to be said for some system of regulating the number of births, especially as Britain cannot feed itself now.

The arguments on the other side are also well known. Patriotic men have denounced what they term the "suicidal folly" of checking natural procreation. They tell us that the ancient Empires that once stood where Great Britain stands to-day date their decline and fall from the time when they adopted methods of birth control. It is not necessary—they say—to go back to the vanished empires of Greece and Rome for example. When the ravages

of the Napoleonic wars had ceased, France was a stricken country. There were more mouths to feed—in spite of the great drain of man-power which Napoleon's constant campaigns had necessitated—than there was food to put in them. As a consequence, birth control became a factor in the national life, and from that hour France's man-power rapidly declined. When the Great War broke out France was the only nation engaged in it whose male population showed a decrease, and the population had been decreasing for many years. "Birth control," says a student of sociology, "has been proved illogical, dangerous and harmful ever since historians first began to tabulate contemporary facts." The opponents of the system have a powerful ally in Lord Morris, the ex-Premier of Newfoundland, who naturally takes an Imperial view of the question with especial reference to the population of the vast dominions beyond the seas with healthy British stock. He reminds us that the natural overflow from these islands have carried the seeds of British influence and prestige to every corner of the globe, and that Great Britain has been the main generating house of the Colonies.

In an article, Lord Morris goes on to say :

"The fundamental and basic principle for which the earth was peopled was that the human race should be propagated in the natural order. That is the dominant reason for existence. 'Increase and multiplicity' was the great command given by God in the Garden of Eden. That is the whole and sole object of human life.

"People need not get married ; they are not bound to ; but if they do it is for the purpose of uniting their love for a definite end, not merely to have a good time or because housekeeping would be cheaper or that more golf might

be played ; but that children should be born of their union.

“ Having married, and having consummated the marriage, neither party, except for justifiable reasons, may arrest or control in any way the natural results of their union. To do so is a crime, a sin, not alone in its effects upon themselves, but far more serious in its effect on posterity, over whose destiny it was never intended by God, angels, or men that they should have any control.

“ St. Paul, the great interpreter of the ethics of Christianity, made it quite clear that there was no obligation whatever on anyone to marry. Nor is there. Indeed, he pointed out that the higher life was celibacy. *But* that, if people were not able to resist the attractions and allurements of conjugal union, and were likely to fall into forbidden sins, why then it was better to marry than burn ; meaning than to run the risk of incurring the consequences of improper and illegal union, both here and hereafter. So that clearly when people marry it is not merely for the pleasure of having a child to amuse them, as some are amused by having a Pekinese to fondle, but to shoulder the full responsibilities of married life in its relation to God and the State.”

Like all enthusiasts, the Dominions statesman is apt to be tremendously sweeping in his statements ; and he will probably find few to agree with his assertion that to beget children is “ the whole and sole object of human life.” There have been many great men who have been either celibate or childless—Lord Balfour and Cecil Rhodes, to instance only two modern leaders, have done much useful work in the world without devoting any of their energies to family life. Lord Morris very briefly dismisses the argument “ What is a poor man to do with a large family ? ” He tells us that the answer is that the poor man “ should have thought of that before marrying ”—a singularly bleak rejoinder ! It is

precisely this economic argument which the majority are called upon to face. Modern conditions make it a hopeless task for the man of moderate means to bring up several boys and girls in comfort or even to provide them with sufficient to keep them in health. Food costs twice as much, practically, as it did in 1913; and clothing, boots, and education have enormously increased in price. If ten years ago many thousands of families had a complicated task in "making both ends meet," conditions are infinitely worse to-day. From a common-sense point of view, it were better to have one or two well-clad, well-fed children than a dozen ill-provided for; and, with all due respect to the ex-Premier of Newfoundland, it might be better from a national and imperial point of view also. A couple of sturdy, healthy citizens were surely more useful than half a dozen weakly and ill-nourished ones. Quality is at least as important as quantity—even in children! It is beyond question that the least capable and the most immoral classes are those which trouble themselves least about the number of children which they bring into the world. The criminal, the weakly, and the feeble-minded breed like rabbits, while the more cultured and intelligent portion of the community is precisely that which exercises care in the limitation of families. There is nothing to be said for the unrestricted reproduction of mental, moral, and physical degenerates, such as swarm in the slums of our great cities. It seems to the unprejudiced observer that sheer ignorance and callousness allow the unchecked propagation of the unfit. Such scourges of the human race as tuberculosis, epilepsy, and, above all, mental deficiency, are

transmitted from one generation to another, till it seems as if some stocks really exist only to fill our jails, hospitals, and asylums. There is also the peril attached to the propagation of neurasthenics, which is twofold. Nervous wrecks very often intermarry, from some extraordinary power of mutual attraction. Furthermore, as they generally suffer from excess of sexual appetite, and from the very nature of their complaint are lacking in self-control, they go on bringing into the world unfortunate children whose certain heritage is unhappiness and ill-health, both mental and physical.

Having discussed the problem of birth control as it affects the empire and the nation, we must examine the subject with reference to the individual woman. Some think it is most unfair that a woman should spend the best years of her life in breeding, rearing, and suckling children, to say nothing of the injury which repeated pregnancies do to her general health. Some women, while still comparatively young, are completely worn out by the constantly recurring trial of bearing and bringing up children. Imagine the case of a woman marrying at twenty ; the reproductive power is lost at about fifty, dooming the wife to thirty years of child-bearing and child-rearing ! This, from the point of view of the advocates of birth-control, is one of the most potent arguments in its favour. On the other hand, it is to be recalled that child-bearing is a natural act, and if the wife takes care of herself and leads a healthy, natural, and simple life, she will have a short and easy time. Most women lead artificial lives, keep late hours, wear the wrong sort of clothing, and eat the wrong sort of meals ; it is no marvel

that the time of child-bearing is with them a painful and difficult one. There is no need for a confinement to rob a woman of her looks or her figure, if she lives the right kind of life and studies her health. (See Chapter VI.)

Some young wives object to having children because they do not care to give up their amusements for a time. The hideous selfishness of this mode of thought need not be pointed out ; and this view can only be held by those who are incurably frivolous and have no sense of responsibility or any real appreciation of the meaning of the marriage tie.

It is a curious fact, that most women who have attained a remarkable age have been married women with a family. One sees the mother of six or seven sturdy sons living till eighty or ninety, while the "old maid" fades from the world thirty years before.

But, if it is imperative to limit the numbers of children, for economic reasons, how is it to be accomplished ?

Abstinence, when both husband and wife are healthy and normal, is practically impossible, and, if practised, may lead to nervous disorders culminating in actual breakdown. Probably it is only possible to a few individuals, and argues a tremendous amount of will-power and capacity for self-denial. Some extraordinary cases have been noticed from time to time ; and in some of them the wife, having experienced the pangs of child-birth, has absolutely declined further intercourse, for fear of becoming pregnant again. However, strict abstinence may be ruled out of ordinary life ; and there

remain the artificial methods of preventing conception. These are many and various; but in some instances may do harm. This is especially the case with those appliances which release medicinal substances; nor are these always reliable. The lower moral tone of the whole nation, following the hectic excitement of war, with all its agitating and disturbing elements, is nowhere more strikingly shown than in the increased number of cases in which illegal operations are performed on women who do not wish for a child—many of them married. In a case at the Old Bailey in 1923, a girl witness quite frankly told the judge that “Nobody thinks anything of it (abortion) now.” It is, of course, unnecessary to warn readers of this volume against a course abhorrent alike to the laws of Nature and those of man.

Allied to this important subject is that of sterility in women.

It is one of the commonplaces of life that many women long for children, but remain childless. Some sterile wives are driven into adopting other women's children in order to satisfy the craving mother-love; and, though we have progressed away from the savage old Hebrew doctrine, that it was a disgrace for a woman to be “barren,” yet a home never seems complete without children. There are many causes of sterility; and excessively fat women, or those who suffer great loss of blood at their “periods,” are more likely to be childless than others. It is the habit of women to reproach themselves when their marriage remains without issue; but in a much larger proportion of cases than is generally supposed—from 15 to 20 per cent—the

fault lies with the husband. Some latent disease in the man, even if a case has apparently taken place years before, will communicate to the wife a complaint which will make her incapable of child-bearing. But when a woman has been married three years or so to a man who is normal, and conception has not taken place, she may be classed as sterile. One hears wonderful stories of women who bear their first child after being married for several years ; but these are so few as to be negligible when one is considering the subject generally. Many different conditions govern sterility, and they may be of such a nature as to make pregnancy impossible, or to make it unlikely. In the former case the sterility is termed "absolute," and in the latter "contingent."

Sterility may be acquired or congenital. In the first case, the original cause may be some illness not connected with the generative organs ; for instance, scarlet fever sometimes causes changes which prevent conception. Chronic alcoholism, chlorosis, and diabetes may have similar effects. Inflammation of the organs will account for a large number of cases of sterility ; while cysts or tumours may render them useless. Tuberculous disease has a potent effect on the internal organs of generation. In congenital sterility there may be deficiencies or malformations in the organs which are an effectual bar to conception. Sometimes the condition may be cured by a slight operation. Frigid women may become pregnant ; but at the same time lack of sexual feeling may indicate some abnormality in the reproductive organs.

CHAPTER IV

THE ECONOMICS OF MARRIAGE

“Wedlock and padlock are the same.”

Anon.

“What is this? His eyes are heavy.
Think not they are glazed with wine.
Go to him; it is thy duty;
Kiss him; take his hand in thine.”

Locksley Hall.

A VERY common complaint among women is popularly called “nerves.” Nervous diseases are diseases of civilization; the savage races do not know what “nerves” mean. It is necessary to distinguish between genuinely nervous women and those who complain of their “poor nerves” in order to look more interesting and attract more attention to themselves. These latter are fond of emotional crises, but if no notice is taken, the crisis soon abates and the *poseuse* becomes quite normal. There is no nervous complaint present in these cases; the apparent neurasthenic is deliberately play-acting with a definite purpose. Such a woman is egotistic and selfish, her one object is to be “in the limelight,” and it is simply in order to focus general attention on herself that she indulges in these antics.

It is particularly to be noted that this idiosyn-

crazy is found generally among women in a superior position in life : the professional woman, or she who is engaged in business, has too much to occupy her mind and her time. Unhappy is the lot of the man married to a *poseuse* of this type ; he is at all times treated to her exhibitions of temper and sulkiness. She can be all smiles and sweetness to friends or casual visitors ; her impatience, irritability, and ill-humour is saved for those who are nearer and should be dearer to her. It is generally found that the more kind, yielding, and indulging a husband is, the more he is made to suffer from the bad temper and capricious humours of the woman he has made his wife. The woman of this type is never satisfied with anything that is done for her ; and if her husband has been fortunate in his dealings she will expend his money in a fashion so extravagant that she resembles a *cocotte* rather than a wife.

This brings us to the consideration of the economic side of marriage. England is the only country in which the bride is by common consent allowed to come to her husband absolutely empty-handed. In Scotland the lassie who is sought in marriage knows well that her suitor will expect a “tochter” with her ; it may be in money or in goods, and in practice is generally the latter. In Ireland the bargaining over a marriage is a serious and a protracted business ; and sometimes the match is broken off at the last moment because the father of the bride does not see his way to providing another cow or a few more cocks and hens. The “dot” system on the Continent is well known ; and no self-respecting French girl expects to get married without laying down a portion of so many thousand francs. In

fact, in most countries, save England, marriage is as much a question of bargaining as of mutual love. Only the sentimental Saxon is at all times ready to feed, clothe, and lodge another man's daughter all the days of her life as the price of enjoying her society. This of course applies in the main to the great "middle class," with its infinite divisions and subdivisions. In the "upper classes" the father of a marriageable daughter deems it his duty to make a settlement upon her, while in the lower strata of the community it is frankly recognized that the wife should contribute to the household expenses by going out to work. More, in many homes the wife is the breadwinner, and accepts that rôle with admirable philosophy. Still, for the husband to shoulder *all* the responsibility of married life is the rule and not the exception. The law itself recognizes this as a principle ; and a husband who does not maintain his wife can be brought before the tribunals and ordered to do so. A woman may compel her husband to part from her, by making his life unbearable in some or all of the many ways in which women are such adepts ; yet he is bound to keep her in idleness. Should he disobey the order of the courts he is put into prison. English justice, in this as in many other things, is all on the side of the woman. There is no person on earth so much to be envied as the English wife. She may be a drunkard, a lunatic, a shrew, a person of such violent temper that life with her is torture ; yet the unfortunate man who is cursed with her as a wife is bound by law to maintain her so long as she is technically "faithful" to him. Even if she is not, the obtaining of a divorce is a tedious and expensive process, and while it is

going on he is bound to allow her alimony. This is also payable when the couple are legally separated.

While the law and public opinion are in this state, in too many cases marriage becomes a kind of legalized prostitution. A girl is willing to accept a home and maintenance as the price of the possession of her person. It is a truism to say that in thousands of cases the question of real love does not enter into the bargain at all—on her side. On the man's side is the desire of possession, and to gratify his passion he is even willing to pay the price which marriage entails. On the woman's side, there is the wish to be maintained, and to attain to the status of a married woman. This kind of unholy bargain is carried through many times a year in Christian England; and even though blessed by the whole Bench of Bishops will not render it anything but a commercial transaction. From this ideal of marriage spring innumerable deplorable consequences. The woman, having advantageously disposed of her person, is inclined to exact the price to the uttermost farthing; and dearly is the other party to the bargain compelled to pay for what may be but a temporary infatuation! Long after he is heartily sick of the charms which seemed so irresistible at first, he is compelled to go on paying for their possession. This in many instances he resents; his resentment is quickly noted by his wife, and mutual antipathies lead to recriminations and quarrels of the most sordid and nauseous kind. In too many cases both sides "console" themselves as the cynical phrase goes, and the result is irreparable disaster. It may happen, however, that the wife is too cool-blooded and calculating to risk her position in life, her establishment and ser-

vants, for the delights of illicit love ; and then she has the whip-hand. This type of woman, if she succeeds in maintaining her hold over her husband, simply looks upon him as an animated cheque-book. With a sublime egoism, she accepts everything as a just tribute to her attractions, and deems no price too high for her husband to pay for the undisputed legal possession of her charms. One may be pardoned for observing, in passing, that nobody is harder than she upon the girl who lets passion outweigh caution. According to the laws of the great trades union of wives, the price of possession is marriage ; and any woman who surrenders herself without exacting this price is a blackleg and guilty of the unpardonable crime of spoiling the market. The wife who takes everything as her right should be reminded that by law a husband is only bound to supply the necessities of life and not the luxuries. The man who allows his wife to act upon the adage " what is yours is mine " is weak. Too many men allow their wives to have too much to say in the spending of the income which is created by the husband's efforts alone. It is for the person by whose abilities and industry the money is earned to say in what direction it shall be expended and in what proportions ; and nothing but unhappiness can result when the purse-strings are given to the woman to hold, for in too many cases spending is a mania with idle women. Not having to earn the money, they do not appreciate the value of it, and a woman spending money which she has not earned by her own exertions is controlled by no spirit of economy. (One excepts, of course, the wife of the poor clerk or artisan whose skilful and careful management

of the household budget renders existence more comfortable than it would be otherwise.) Another great fault of the idle and pampered woman is that she is prone to attempt to regulate her husband's comings and goings to an extent which may seriously interfere with his work. In these competitive days, it behoves a man with his career to look after to relinquish no opportunity of advancing himself. Too many women hamper a husband's career with their exactions, and tacitly compel him to dance attendance on them to the detriment of his life's work. It may be very gratifying to show off a devoted husband ; but this little indulgence may be purchased at too dear a price. The woman who is jealous of her husband's work and grudges the hours he spends at it, is, curiously enough, very ready to complain if the income from that work shows any signs of falling off, and if she in consequence is required to economize. The ambitious man who is desirous of success must put his work first, and the uxorious man is too apt to think more of the home than of the study or the mart. As Rudyard Kipling wrote in one of his earliest and most celebrated poems :

“ High hopes fade on a warm hearthstone ;
He travels fastest who travels alone.”

It is perhaps needless to remark that no really strong man would allow his wife to hamper him in his profession or business ; but, alas, this world of ours is not exclusively composed of strong men !

Public opinion and the law of England have between them, as we have seen, sanctioned a form of union in which the penniless wife is entirely depen-

dent upon her husband, and cannot buy a postage-stamp or a daily paper unless with money provided by him. This institution is, of course, open to many and various objections ; but it is now so firmly founded and part of our English social life that it is useless to think of overthrowing it. The average Briton will still go on—as it has been colloquially put—“ giving a woman half his food to cook the other half.” Some girls, though they bring neither money nor goods into the household, bring some family connections and influence which may be of use to the husband. When both parties are self-supporting, truth compels us to admit, it is not enough to secure perfect happiness. When there is this condition, and both husband and wife are workers in the same field, professional jealousy is apt to spoil a union which at first sight may seem ideal.

CHAPTER V

THE CLEVER WOMAN MARRIED

“Some women employ the first part of their lives to make the other part miserable.”

“Le premier soupir de l’amour est le dernier de la sagesse.”

NOW and then there arises again the well-thrashed-out question of the clever woman’s chances of marriage. In the early Victorian days mothers used to warn their daughters against spoiling their matrimonial opportunities by aspiring to appear as having brains. Men were supposed to “hate” clever women. Doubtless some of this spirit still survives, but in an age which sees women as Members of Parliament, magistrates, barristers, doctors, chemists, shipping agents, and so on, it is difficult to conceive how the ancient prejudice can survive very long. According to the authorities of Girton and other women’s colleges, the women who shine most brilliantly at the Universities are less likely to marry than the others ; but this is denied by other observers. A famous woman barrister gave it as her view that intelligence would not make a girl less attractive as a possible wife. Somewhat contradictorily she added : “A stupid woman has all the stupid men in the world from which to select a husband, but a clever girl will marry only her intel-

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lectual equal. Therefore her possible choice is narrowed down to two or three of her men friends"; but the barrister's view is not borne out by the facts. One has only to look around one to notice intelligent women who are married to quite stupid men; for women, clever or silly, love with their hearts and not with their heads, and a clever woman in the throes of passion can be as unreasonable and illogical as the stupidest kitchenmaid. Some of the most able women in history have conceived violent fancies for men who were nothing but well-made animals. In love there is no accounting for tastes, for as Voltaire said: "Ask a toad what is handsome," she will reply, 'My mate with his big eyes and slimy skin.' " Some clever women have been hard and unsympathetic with their own sex on this subject. A well-known woman fiction writer gave this opinion:

"Clever girls are handicapped in the matrimonial market unless they are clever enough to conceal their cleverness. After all, what is more unpleasant than a girl who positively bristles with brains?"

On the other hand, a woman Member of the House of Commons said:

"Men are far too sensible not to appreciate brains in their wives as well as in other women. The woman with brains is far too clever to be dowdy or tiresome."

Some conceited men dislike intelligent girls for the reason that they (the men) desire to pose as the highly superior male, supreme not only in physical strength but also in intellect. Such Ottoman notions are not unknown even in liberal-minded England, which harbours a number of men who care

nothing about a woman's intelligence as long as she pleases their senses. It is generally the fate of such men to marry a girl equally empty-headed with themselves, and the couple go through life perfectly pleased with themselves and each other—"two minds with not a single thought," as the cruel parodist said. There are also men who will unhesitatingly marry a stupid or positively feeble-minded woman in order to obtain possession of any property or money which she may possess. It may happen in these cases that the bargain may turn out to be a bad one, for we frequently find dullness of intellect combined with great obstinacy, spite, and malice.

Those men who say that they "cannot bear" clever women, and would not marry one, should remember that conducting a household—even a modest one—is a business requiring certain qualities of mind which are not usually found in the mentally slow. The intelligent woman, whatever her husband's position in life, will be able to lay out his money to better advantage, and will better understand the efficient control of a household than the stupid woman. The latter, with an ample housekeeping allowance, will manage badly and run up debts with tradespeople, while the intelligent housekeeper will even succeed in putting by money out of her allowance. The stupid woman's house is conducted on one of two principles: she is either stupidly extravagant, fritters away money, and allows her maids and her tradespeople to prey upon her to their hearts' content, or she is stupidly mean and parsimonious, and there is no comfort in the house, however liberal an allowance she may be given. In justice, however, to the Marthas of this world, it has to be admitted

that a talent for housekeeping is *sometimes* found in a woman not intellectually above the average. The particular danger to married happiness when the wife is noticeably stupid is in her inability to understand her husband or to grasp his idiosyncrasies. Thus her attempts to influence him in matters affecting their life together are made so clumsily and tactlessly that, instead of having the desired effect, they revolt him, and therefore fail. A woman of this type will try to bend her husband to her will by covering him with abuse—a process which naturally arouses his resentment, and makes him disinclined, to say the least of it, to acquiesce in her wishes. In difficult situations, too, she is unable to aid her husband with advice. Many a man has regretted bitterly taking the advice of a wife incapable, by reason of inferior mental equipment, of counselling him sagaciously. And it is a curious psychological phenomenon that the woman of this type of mental incapacity is firmly persuaded of her own superior wisdom, and will be violently resentful if her advice is unsought, or rejected, if tendered. On the other hand, the intelligent woman knows how to guide her husband by invisible threads, and will subtly influence him while expressly disclaiming any desire to do so. She will forgo the fulfilment of her wishes for the time being, if she meets with opposition, in order to carry them out on a subsequent and more favourable opportunity. Above all, she will at all times give her husband the impression that she relies implicitly on his superior wisdom and judgment! The stupid woman loves to act the tyrant, and being an egotist she is also a bully. She loves to proclaim to her admiring rela-

tives and friends that she "will not allow" her husband to do this, that, and the other. The writer once heard the wife of a clergyman at a dinner-party make this remarkable assertion: "Of course, I would never allow John to have candles on the altar!"—"John" being her husband and the vicar of the parish!

That a clever wife can be a help to her husband in his business or profession is a fact too well known to need any elaboration. She can aid him not only with her advice but by relieving him of many burdens by her economic ability. Even the greatest men have not disdained to profit by the advice of their wives, though the latter were by no means their equals in intellectual brilliance. The biographer of Goethe tells us that the poet did not disdain seeking advice from his little-cultured Christine when he lost himself in his superabundance of ideas and could not find the right way out of some work with which he was occupied. He was frequently astonished to find how her simple natural acuteness enabled her to hit upon the right idea at once. Two great statesmen, Beaconsfield and Bismarck, have left on record their gratitude for the help which they had had from their wives during their successful careers. Men who are distinguished for intellectual gifts, especially artists and writers, often are found lacking in what the world knows as common sense; and here the wife, with her economic ability and practical sagacity, can be of the very greatest help. In this the wise woman keeps clear of any suspicion of "petticoat government," for she knows very well that any idea on the part of a husband that he is being governed by his wife will cause him to despise

himself ; and to despise oneself is to create an aversion from those whose fault it is. The woman who has her husband "under her thumb," as the colloquial phrase goes, is not a happy wife ; for deep down in every woman's nature is the necessity of being dominated. To be happy, a woman has to respect her husband and look up to him as the realization of an ideal—of strength, either physical or mental. When petticoat government obtains in a household there is no true happiness, for though a woman's vanity may be flattered by her husband's submission, her heart is not satisfied, and she becomes indifferent, and even conceives an antipathy to the man who allows himself to be so easily ruled.

It is very necessary to draw a distinction between those women whom we agree to call "clever"—the type of woman whom we have just been discussing—and the intellectual sort treated of in the opening paragraphs of this chapter. The intellectual or "brainy" woman who takes degrees at the University and is regarded as brilliant may totally fail in the kind of intelligence which is required if the matrimonial wheels are to revolve smoothly. To begin with, this type is inclined to be intellectually arrogant and given to egotism, a characteristic which is equally the portion of the stupid and the clever. It is one of the curses of egotism that the victim of it is totally incapable of understanding another or entering into others' feelings ; and it may easily be imagined how disastrous this may be as regards a matrimonial union. Misunderstandings and bickerings are certain to arise and cause continual quarrels which culminate in mutual dislike. But, as has been remarked, it is quite

possible for an intellectual woman to make an extremely desirable wife ; and some of the world's most brilliant women have led happy lives on the amorous side and captivated the other sex to a marked degree.

We may come to the conclusion that while a stupid wife is to be sedulously avoided, a clever wife is, all things being equal, more of a help to a man than a hindrance. Further, that the brilliantly intellectual woman may be just as capable of making the man she chooses happy as the woman with no pretensions to gifts out of the ordinary.

CHAPTER VI

THE EXPECTANT AND NURSING MOTHER

“The firmest band between man and woman . . . the joint task of two individuals working for the development of a new personality.”

Havelock Ellis

B EING asked what he considered was the chief cause of infant mortality, a specialist in children's complaints instantly replied, “Ignorance.” Many mothers are not only ignorant of a child's needs, they are also ignorant of the requirements of their own bodies ; and this nescience is never more marked than in the expectant or nursing mother. Convention, custom, old wives' tales and other causes help ignorance to bring an unfortunate child into the world handicapped in too many avoidable ways. Prospective mothers are too often given over to satisfying morbid appetites and desires in eating and drinking and otherwise living without wisdom. It is a widespread belief that such women should “eat for two,” but this belief is founded on a fallacy, and, if carried out, the consequence is that her digestion is seriously upset. Can it be seriously maintained that a woman who is self-poisoned by toxins in the alimentary canal is in a fit condition to produce a healthy, happy infant ? A mother

who cannot control her desires during pregnancy has no right to expect a self-controlled child. "We cannot expect to gather figs from thistles," said a wise physician, "neither can we expect children with self-control from mothers who have none." The mother who leads a sensible, regular, normal life before the child's birth will have a healthy, happy baby, all things being equal.

The Rt. Hon. John Burns in 1906 delivered an address, as President of the Local Government Board, on infant mortality, in the course of which he used these memorable words :

"First, concentrate on the mother. What the mother is the children are. The stream is no purer than its source. Let us glorify, dignify, and purify motherhood by every means in our power. Let us see to the nursing child in every way : nourish the mother, you feed the child. In every aspect of this subject let us have good mothering ; that is the bottom of healthy, happy children. . . . Milk depots are good, but not good enough if they supersede or discourage breast-feeding. Crèches may be all very well here and there. Personally, I am against them, because I believe that crèches stimulate the growth and increase of married women's labour."

Sir George Newman, in his book on infant mortality, writes as follows :

"Wherever we turn and to whatever issue, in this question of infant mortality, we are faced with one all-pervading primary need—the need of a high standard of physical motherhood. Infant mortality in the early weeks of life is evidently due in large measure to the physical conditions of the mother, leading to prematurity and debility of the infant ; and in the later months of the first year infant mortality appears to be due to unsatisfactory feeding of the infant. But from either point of view, it becomes clear that the problem of infant mortality is not one of sanitation

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alone, or housing, or indeed of poverty as such, but is mainly a question of motherhood. No doubt external conditions, as those named, are influencing maternity, but they are, in the main, affecting the mother and not the child. They exert their influence upon the infant, indirectly through the mother. Improved sanitation, better housing, cheap and good food, domestic education, a healthy life of body and mind—these are the conditions which lead to efficient motherhood from the point of view of child-bearing. They exert but an indirect effect on the child itself, who depends for its life in the first twelve months, not upon the State or the municipality, nor yet upon this or that system of crèche or milk-feeding, but upon the health, the intelligence, the devotion, the maternal instinct of the mother. And, if we would solve the great problem of infant mortality, it would appear that we must first obtain a higher standard of physical motherhood. Without a moment's hesitation, I place this need as the first requirement."

The mother, however, needs a good deal of education in mothercraft.

"Ignorance in mothercraft" [says Lady Nott-Bower], "is by no means confined to the poorer women whose opportunities and leisure for learning are so limited, and who certainly have a hard task to accomplish in bringing up healthy babies in unhealthy surroundings."

She continues :

"Naturally it is in the most crowded districts of great cities that one would expect to find the greatest number of failures—and yet there is clear evidence that love, backed by simple knowledge, can triumph over adverse circumstances !

"Not long ago there was a great gathering of mothers from all parts of the kingdom assembled at an annual meeting of the welfare centres. It was splendid to see mothers from the most squalid and unhealthy districts triumphantly carrying brown and rosy babies, with firm flesh and bright eyes, children who would have done credit to

the most perfect nursery in the healthiest quarter of the kingdom.

“Certainly they would have ‘taken the shine’ out of very many babies from far more luxurious homes. Why?

“Possibly the chief reason is because those fortunate youngsters have their own mothers to care for them, mothers who made a business of their motherhood and determined to learn all that they could in order to succeed in it.

“Possibly—probably—these women started married life with less general knowledge of the importance of hygiene in daily life than their richer sisters: certainly cramped surroundings must have made it infinitely harder for them. But love has found out the way. They have realized the importance of personal knowledge, and are not handicapped by leaving the performance of their sweetest duties to others who care less.”

Women with larger means soon get into the habit of leaving the care of the children to a nurse, particularly when they have never been taught anything about children. “How strange it is,” a mother once wrote, “that there are still so many who think it easy to find another woman to do for money what they will not do for love!” Still, so it is, and very often the hired nurse turns into a perfect tyrant, and the mother is afraid to make any suggestion concerning her own child, as she dreads “upsetting Nurse!”

Lady Nott-Bower, quoted above, also says:

“You may be truly sorry for the woman in the slum who, in ignorant kindness, overfeeds her baby, or who, dreading draughts, deprives it of fresh air; but what can be said of those, of greater opportunity, who allow so-called ‘trained nurses’ to experiment with patent foods or to dose tiny babies with their pet medicines?

“I have known of a ‘lady nurse’ who continued to feed a child of eighteen months on precisely the same food that had suited it at nine months. The baby was so backward

and delicate that she 'did not think it wise to make any change!' Poor baby, no wonder!

"Another 'treasure' regularly dosed a healthy baby 'to keep it well!'

"In both cases the mothers had some doubts as to the advisability of the treatment, but did not like to interfere because 'nurse had so much more experience.'"

A good deal has been written about mother-instinct, but it is seldom a reliable guide, or ignorant mothers would not give small infants stout to sip. "A mother must know what is best for her own child" is one of those specious arguments which crumble away on examination. If a mother knew by instinct what was best for her own child, we should not find the matrons of Mayfair handing over their infants to trained nurses because they "know nothing about babies." Nor should we be shocked and saddened at the truly terrible figures of infant mortality, which are brought before us with such monotonous regularity by the Registrar-General.

If the expectant mother knows so little about herself, as seems to be the case, it is not to be expected that she will know much about the proper way in which to care for the child when it arrives. To produce a healthy baby, the expectant mother must cultivate poise and serenity of mind and body. This seems a counsel of perfection, especially with the first child, when the coming ordeal is an unknown experience, but endeavours should be made to cultivate self-control. The lack of it in expectant mothers results in indigestion, constipation, and other ills for the unfortunate new-born. A hygienic mode of life also makes for an easier confinement. An overfed and sluggish woman will probably have a much harder time than one who has been looking to

her diet carefully, and has been exercising regularly and in the fresh air. Before the birth, the expectant mother should get rid of all the superfluous adipose tissue, and avoid the risk of self-poisoning by over-eating. Modern knowledge has come to the conclusion that no good can be achieved by taking an excess of food—especially food rich in protein—at *any time*. The author remarks in another work, “Diet for Women”:

“A man in training for a championship in any branch of athletics tries to reduce his weight by exercise and by diminishing the amount of food. But a woman, training for the greatest trial of endurance in her life, is told to increase the amount of food she takes at ordinary times! Naturally if this advice is followed, she suffers from morning sickness, indigestion, constipation, and even eclampsia.”

Morning sickness is often the result of wrong feeding: the woman who suffers in this way has been eating too much, or of the wrong foods. The result is that the waste material remaining in the body is poisoning the whole system; and this gives rise to the condition. The expectant mother, like the normal woman, or man for that matter, should never eat unless she feels genuine appetite, not the “false hunger,” which is due to indigestion. She should only take three meals a day, though if she restricts herself to two it will be all the better for her. Let the diet be light, and consist to a large extent of fruit and green vegetables. Animal food, such as eggs, fish, meat, or poultry, should only be taken once in the day. Stimulants such as tea, coffee, and alcoholic drinks, are best avoided. On the question of diet for the expectant mother, Dr. Abramowski wrote that he had had repeated opportunities of

observing how under a restricted diet the difficulties of pregnancy seemed to melt away and disappear. Nervous disturbances, vomiting, and constipation were prevented, while the confinements ultimately passed off in an easy and natural way. "Moderation" should be the rule. If the mother has taken proper care of herself, and lived a normal life, free from self-indulgence, during pregnancy, she will have very little trouble, and may begin to eat her ordinary food within forty-eight hours after the child is born. For the first twenty-four hours she should eat nothing; and it is best to begin with a little fruit—a baked apple, or any raw fruit that is not too acid is useful—but on no account should the mother eat unless she feels an appetite, and can take her food with a relish. The nursing mother also should avoid over-eating, because it brings on indigestion, and is certain to affect the child unfavourably.

Another superstition which it is well to disregard is that which requires that the mother shall drink freely of stout and other beverages in order to increase the milk-supply. Natural foods—fruits, green vegetables, and salads—will enable the mother to give her baby more and better milk. Probably the reason why so many mothers are unable to nurse their babies in the natural way is that they have always indulged themselves in the matter of stimulating food and drink. The fruits of the earth and water from the spring make better milk, and more of it, than the concoctions of cooks and all the foaming products of Messrs. Guinness' celebrated brewery.

Every mother who can do so ought to feed her child,

so as to give it a good start in life. There is no food for the infant better than that provided by Nature. The slums of Liverpool are not the healthiest places in the world, but evidence was given before a committee of inquiry to the effect that the lower infant mortality among the Irish population as compared with the English population was due to the fact that the Irish mothers suckled their babies more commonly than the English mothers. Indeed, throughout Ireland the infant mortality rate has always been low compared with other countries, and even in the towns it has never been as high as the social and sanitary conditions would lead one to expect. The Carnegie Report, dealing with Dublin, points out that it is not an industrial city, and that the mothers are able to remain at home and tend and nurse their children. Statistics show us that in Scotland and the Scandinavian countries, where breast-feeding is the rule, the infant mortality rate is much lower than in France and England, where this practice is more or less neglected.

Sir George Newman's work on " Infant Mortality " contains this, among other striking passages :

" The incidence of a high infantile mortality upon poor districts is, as we have seen, almost a universal experience wherever the conditions exist. The overcrowded and poverty-stricken districts of London, the dense populations on the banks of the Tyne, or in the huge manufacturing towns of the north—Glasgow, Dundee, Dublin—and the teeming tenements of New York or Chicago, they all tell the same story with one remarkable exception, namely, that where by race or custom it is the practice to feed infants by the breast, the infant mortality rate drops, even though the environment be highly insanitary. There is the instance of the low infant death-rates obtaining among Jews, Italians, Scotch and Irish, when these races continue, even under

adverse circumstances, to feed their infants by the breast."

To be fed in the natural way is every infant's birthright ; but a large proportion do not obtain it : they are cheated out of it by the incapacity or selfishness of the mother. Some mothers most selfishly give up feeding their babies, on the plea that this sacred duty interferes with work or pleasure. To give up a dance or a theatre party because the helpless infant requires feeding is too much of a deprivation for some modern mothers. Some mothers give up feeding their infants because their milk is deficient either in quantity or quality. When this is the case the fault is the mother's. She is probably eating wrongly or drinking wrongly, or not taking enough liquid ; and perhaps some minor ailment is present which only needs correction for the milk to improve in quality or to flow in greater abundance. If the nursing mother leads a quiet and rational life, she will be able to feed a strong and healthy infant as Nature commands. There is *no* satisfactory substitute for the milk of a healthy mother, in spite of all the claims of the chemists and the makers of artificial foods for infants. Compared with mother's milk, artificial foods are strikingly deficient in fat, mineral matter, and protein—all essential to the infant. If we are a degenerate race, and "a C3 nation," as some pessimists are fond of asserting, it is because so many British mothers are incapable of or unwilling to nurse their children.

Weaning should take place not later than the tenth month ; and then the food may begin to be of a more solid character. Fat is again an important item, and is to be obtained by various means, as

well as the " building materials " which are necessary for the growing child. It is sometimes difficult to get young children to take enough fat ; and it may be given in the form of yolk of egg, butter, or cream. The mineral matters, or building materials, can be obtained from eggs, oatmeal, fruits and green vegetables. When the child is very young—that is to say, when it has first been weaned—the starchy foods are best avoided, and bread or potato may be postponed till later. Rusks or biscuits, in which the starch is partly converted into other substances, are far better. When the child has passed its first birthday, a greater variety of food may be given. A little fresh fruit may now be administered each day, such as an orange or some grapes. Baked apple may figure on the dinner menu. Oatmeal and rice will supply the carbohydrates which are required, and butter, cream and yolk of egg the all-important fats. It should not be forgotten that children get thirsty as well as hungry, and they should have plenty of water to drink. It is a great mistake to make a child drink milk when it is thirsty. The product of the cow is not a fit beverage for human beings at any time, as it forms thick, indigestible clots in the stomach when swallowed as a drink. Water not only quenches thirst, but is a great cleanser, and may remedy constipation and other conditions which cause discomfort, feverishness and consequent fretfulness. Many children relish water that has been mixed with a little fruit juice ; but a child should be allowed to drink plenty of plain water, so long as it is not taken immediately before or during meals. At eighteen months or so, the child may safely be given a dinner of potato and vegetable (such as

vegetable marrow or the white part of a cauliflower) with butter ; but as pappy foods are not good for the teeth, he should be given a piece of raw apple after the principal dish, or a crust of bread with it, in order to keep the teeth employed. There is no absolute need for meat or fish in a young child's dietary. It cannot be impressed too strictly on mothers that a little child's digestive apparatus is different from an adult's in its requirements, and the practice of giving the child " bits " from the mother's or father's plate is not only stupid but criminal. The small child's dietary may be selected from the following : Oatmeal, rice, tapioca, sago or barley, baked or mashed potatoes, spinach, cauliflower, vegetable marrow, eggs, fresh *white* fish (not the rich, oily fishes such as salmon or mackerel), macaroni, and any kind of fresh fruit, raw or stewed. Salt, but no other condiment, may be allowed ; and fruit juices or water should be the drink. No little child wants tea or coffee, though cocoa may be taken. The eggs should be lightly boiled or poached, not fried ; in fact, all fried food should be avoided. Were it not that some mothers are capable of such incredible things in connection with their babies' food, it would not be deemed necessary to remark that highly-flavoured, spiced and seasoned dishes are not intended for children.

There are several diseases of childhood which are the direct result of improper feeding. There is, for instance, rickets, due to a lack of bone-forming material in the food. The bones are not firm enough to support the weight of the body, and deformities ensue. The fact that this is one of the diseases from which infants most frequently suffer, at least in the

crowded cities, speaks volumes for the system, or, at least, the lack of system, on which so many poor infants are fed. Artificially-fed children are much more prone to rickets than those who are breast-fed ; and while breast-feeding does not entirely protect against this disease, it certainly modifies its character. It has been found that there is a fat deficiency in the food of rickety children, while it contains an excess of the carbohydrates. When a rickety tendency is observed the diet must be changed at once ; if the child can take it, thick gruel, raw fruit and vegetables and stewed fruit. In order that the intake of proteins and fats may be increased, it is necessary to cut down the supply of milk, and the use of sweetened condensed milk should be abandoned.

Constipation in children does not begin usually till the age of three or four—or, let us say, the condition is not usually noticed till that age. It should be attended to at once, for this condition is the father and mother of all kinds of ills. The great mistake usually made is for the child to be given a laxative. The consequence is that the bowels become used to such treatment and the natural function is not brought into action without extraneous help in the form of a pill or powder. The chemist provides an emergency measure, but to make a habit of it is extremely unwise, as the dose has to be repeated again and again. A fruit diet is Nature's own remedy for constipation, and the child may be given fruit morning, noon and—afternoon. Let the child have as much cold water as he asks for : as much as possible should be taken. But the best remedy of all is to cultivate *regular habits*. So

many young children will not spare the time from play to attend to the bowels, but a firm stand must be taken, and a regular visit at the same time each day insisted upon. The meals must be arranged so that ample opportunity is given. When breakfast is late, the children get into a habit of hastily swallowing it and dashing off to school. This must be avoided. Train the child to evacuate the bowels first thing in the morning.

Colds mean neglect or wrong treatment, and no child ought to have a cold. In five cases out of ten the child has been wrapped up too much, or kept in an overheated room, and in the other five he has been overfed. If a child is taught to keep its mouth and teeth clean and its bowels regular it will not suffer from colds to the extent which now seems to obtain among everybody at certain times of the year. People talk about "the season for colds," as if they were an inevitable calamity which it were no use trying to ward off. There is a good deal to be said for fasting as a cure for colds ; in fact, our ancestors recognized this fact so clearly that they invented a proverb : "Feed a cold and starve a fever." By a curious perversion, modern commentators have completely stultified this excellent advice by taking it too literally and regarding it as two separate directions or instructions. What the original framers of the proverb meant was this : "Feed a cold, and *you will have to* starve a fever." Read thus, it takes on an entirely different meaning. When the child develops a cold, discontinue the usual meals and attend to his bowels. Let the child have plenty of cold water or fruit juice. To let a child consume the usual meals, and keep it in hot, ill-ventilated

rooms all day, is the right way to turn a simple cold into something more dangerous.

There are few infantile complaints that cannot be alleviated by proper attention to the diet. “Man is what he eats,” says the proverb ; and this applies equally to the child.

CHAPTER VII

HAPPY MOTHERHOOD

“ She too would bring to her husband’s house delight and abundance,

Filling it full of love and the happy faces of children.”

Longfellow

MANY women are averse from having children through mistaken fears. They are afraid of losing looks and figure and sinking into a dowdy drudge ; and it is a fact to be deplored that some mothers of families actually do allow themselves to decline into such a state, for which there is no earthly reason. Properly considered, maternity is a function which should ennoble and glorify a woman—not a state of degrading servitude. We all know the poor mistaken mothers who make themselves slaves to their households. This may be done with the best motives, but it is wrong and foolish. It is totally unnecessary, to start with ; it is unfair to the mother herself, and it teaches the children to be selfish, exacting, and thoughtless. It is also very unfair to the husband and father, who, after all, is entitled to a little consideration. Supposing he wishes his wife to accompany him to some entertainment : it is very disappointing for him to find a querulous drudge who is so worn out with

attending to the children all day that she cannot face the ordeal of dressing up and going out. There is the danger that he may form the habit of going out by himself, and that may lead to all kinds of unhappiness.

This brings me to the first important point. Every mother of a family should make a point of obtaining some exercise in the open air every day. If there are children too young to be at school, let her take them out. Pure air and sunshine are absolutely necessary to the health of both mother and little ones. If there is a heath, park or common handy—and there are very few neighbourhoods of which this cannot be said—the mother can, if she chooses, rest on the grass or on a seat while the tiny ones frolic around. Let her soak herself in the good fresh air and the sunlight, oxygenating her lungs and blood and breathing in renewed life. A woman who remains house-bound (as so many over-conscientious housewives are prone to do) is liable to lose more time by illness than she saves by neglecting exercise.

Besides which, exercise is necessary to the preservation of good looks ; and there is no reason to become unattractive simply because there is a small family to look after. Too many women suffer themselves to lose their looks and their brightness as soon as the babies begin to arrive. This is unfair all round : a dowdy, tired, depressed-looking woman around the house does not make home any brighter or more attractive. Therefore it is essential for the house-mother to *make* time to take proper exercise. It can easily be done by a little thought. Women would be ashamed to waste their money as they

waste their time and their energy. A few minutes devoted each day to deep-breathing exercises, preferably by an open window, will work wonders in curing depression and warding off fatigue. A great deterrent to fatigue is to take short spells, and to change her occupation whenever possible. No matter how busy the housewife is, she can spare two or three minutes every now and then to relax. It is astonishing how much better we can work, and how much more can be got through, and how fatigue is lessened, by this easy method.

Another way in which the mother of a family is apt to go wrong is in the matter of her food. She has her meals at irregular times, and while attending to her hungry brood forgets to feed herself. Then she applies herself to some household task, and eventually is "too tired to eat." This is just the time when the craving for a cup of tea is felt most. This popular beverage is really a drug: it gives a feeling of energy and well-being, which is purely temporary, by clearing the blood at the expense of the tissues. No woman, or man either, can look well, feel well, or work well, without being properly nourished. A compact and well-balanced meal, easily digested and not likely to produce acidity or flatulence, is a necessity for everybody with work to do.

It is a mistake to be constantly hovering around the children like a hen with her chickens. It dissipates energy and wastes time. A lesson is to be learnt from the children of the working-classes, who are bundled out of doors in the morning and dared to show themselves till the evening. Yet they contrive to be healthy and happy on this Spartan system.

The worrying mother is apt to imagine that savage dogs and bolting horses and other horrors are lying in wait for her chicks at every corner.

If, therefore, the mother of a family wishes to be happy and cheerful and radiate brightness through the home, let her attend *first* to her *own* health.

It is very important for the house-mother to refrain from getting into the habit of thinking that she "hasn't time for anything but work." She has "all the time there is." A woman who has no time to be a friend and companion to her husband and family may some day find that they have no time for her.

CHAPTER VIII

FROM GIRLHOOD TO WOMANHOOD

“ Standing with reluctant feet
Where the brook and river meet.”

Longfellow

WHEN a girl enters her teens she is about to undergo great and important changes, both mentally and physically. For the first time she becomes sex-conscious ; she no longer plays with the little boys as freely and unconcernedly as she did, and she is sometimes afflicted with intense shyness in male company. It is at this time that the reproductive organs undergo certain changes and what are known as “the periods” begin. Women call this “being unwell,” but this is a complete misnomer, as it is a normal function general to all women between certain ages. So far from being a sign of bad health, it is a sign of normal well-being. It is very important that a girl should be adequately informed as to this change by mother or governess beforehand, as severe shocks have been sustained by girls who have been brought up in ignorance of this vital matter. Suddenly finding themselves suffering from hæmorrhage, they have been struck with horror, and serious damage has been done to the mental equilibrium. It is not only

unwise but positively cruel to allow a daughter to blossom into womanhood without instructing her as to the incidents which will accompany the change from childhood. In hundreds of cases women have suffered the rest of their lives through lacking knowledge at the right time. While it is important that the body should be protected from chills at the onset of the function, there is a case of a young girl who was so alarmed and horrified at the unknown occurrence that she plunged into a cold bath. This might not have mattered if she had been accustomed to cold baths : not being so, she received a serious shock. Her period stopped and did not return for several months. Another girl had been left in complete ignorance of what would happen normally at a certain age, and when the function made its appearance she was frightened and distressed. Not having been encouraged to confide in her mother, she said nothing about the matter, but brooded over it in secret till she induced a condition closely approaching mental instability. In this condition she roamed about the country through snow and rain till her clothing was saturated. This resulted, of course, in local disease, and severe pain was experienced at every period, increasing the mental disturbance. Physical suffering and mental distress combined to bring the patient very near to death's door ; but careful and skilful treatment, over many months, restored her to a fair degree of health. In this case an intelligent and amiable girl was wellnigh ruined for life through lack of knowledge on a most important subject.

In another case a lady of considerable talent consulted a physician, who found that her whole life

had been cursed with preventable pain and suffering in consequence of imprudence, through ignorance, at the onset of the periods. A little instruction at the time would have saved years of suffering and added greatly to the usefulness of one whose gifts qualified her for this. Though devoted to children, she had herself to remain childless in consequence of a disability brought on by ignorant violation of Nature's laws at the onset of the menstrual function. A peculiar case was that of a young girl left without a mother at an early age, and without proper care and advice. Being wholly in ignorance of matters of that kind, she was not alarmed when the flow did not make its appearance at the usual time, and did not know, till accidentally enlightened, that she was in any way different from other girls. Being now informed on this important matter, she consulted a doctor, and it was found that the case was one of deformity. This, of course, is exceedingly rare ; but in some cases the onset of the periods may be delayed beyond the usual age. A girl who is undeveloped in this particular will also probably be undeveloped in others, and care in the usual habits of life—sleep, diet, and exercise—is all that is needed. Nature will awake in due course and take her normal way.

The importance of adequate instruction on this point cannot be too strongly insisted on, and it is most astonishing to find so many mothers of growing girls who neglect their duty in this way. Some do so because they do not feel qualified to give the necessary information. At a certain boarding-school for girls the head adopted the following method, which has much to recommend it. She

wrote to each girl's mother the following interrogatory :

(1) Whether the girl was already informed as to the possible onset of menstruation, and the hygienic points with regard to it ?

(2) If the girl were not already so informed, whether the mother were prepared to give the necessary instruction ?

(3) If the mother were not prepared to do so herself, was she willing it should be done by the head mistress ?

Failing this, the mother was informed that the " head " could not be responsible for any wrong ideas which the girl might acquire.

One may classify the answers as follows :

(1) A group, of moderate dimensions, of mothers who had already given their daughters the necessary information.

(2) A much larger group of mothers who thanked the head mistress for the timely reminder, and promised to take the earliest opportunity of giving the information.

(3) A group about the same size as the second group in which the mothers, while thanking the head mistress, and acknowledging the necessity of giving such information, stated that they had postponed doing so owing to the fact that they did not feel qualified to undertake the task, and gratefully accepted the head mistress's offer to do it for them.

(4) An exceedingly small group who said that they did not wish their daughters to be given any information on the subject, and were prepared to take the full responsibility for their decision.

It has been noticed, when instruction has been

given at school, that the home comments have been such as to destroy any good which may have been done in many cases. The information, by whomsoever given, should be imparted in a tactful way, for at this age the girl is self-conscious and sex-conscious in the highest degree, and the state of her mind is turbulent and irritable. Care should be taken not to frighten the pupil, who should be impressed with the fact that menstruation is a perfectly normal and natural function of a cleansing nature, and also a proof of good health and vigour. It should be allowed to take its place in the girl's mind with the other natural processes, as one to be regarded with neither shame nor fear. While the period can be looked upon as an inconvenience, the girl should be taught not to regard it as an "illness," or to pity herself and womanhood at large for having to undergo it.

Women have been accustomed in the past to pity themselves very much for being obliged to go through the monthly function; but properly considered, it is not a matter for sympathy. The mental depression which sometimes accompanies the period is a consequence of the changes in the temperature and blood-pressure. The emotional elevation which can sometimes be observed just previous to the period can be traced to the same causes. No healthy woman or girl should suffer pain during the period, but the label "unwell" clings to that time, and therefore women who suffer while menstruating at once put the pain down to that cause. There is, however, something wrong with the general health when pain is experienced during the period, and an attempt should be made, therefore, to ascertain

the cause—it may be in the stomach, kidneys, heart, or other organ. It has been noticed that some women have suffered no pain at the onset of the flow, but have subsequently had painful periods. In these cases it has been found that the pain was relieved by taking exercise and by care in avoiding constipation. This latter condition should be avoided at all times if a woman is to keep in good health, but if there is one time more than another when it should be specially avoided, it is during the monthly period. Tight or too-contracting corsets should not be worn.

To combat the feeling of depression alluded to above, some women think fit to take alcohol during the period. But as this occurs every month and continues for days, a habit may easily be formed which it would be difficult to break. During the period the mind should be kept occupied but calm, and all sudden emotions avoided. Intense anger or grief, or even great joy, have been known to check the function.

It is as well for girls to know about the functions of their own bodies from their mothers rather than from servants or schoolfellows. Ignorance may lead to undesirable practices, and these may come through an avatistic tendency of which the girl knows nothing. In average children who are healthily occupied in work and play these practices are not common. The first effects of bad habits are shown in stubbornness and bad temper, and also a disinclination to rise in the morning. These symptoms are succeeded by intense shyness and a desire for solitude. It is useless to scold or punish a child, and bromides and other drugs have no lasting beneficial effect. In

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my opinion there are only two ways of treatment which will have success.

Find out any source of irritation to the genital organs and remove the cause, and

Change the diet.

I have cured many cases by putting off too-stimulating foods and substituting a sedative diet.

In addition, the following points should be adhered to :

(1) The bedroom windows should be open top and bottom.

(2) The mattress should be hard.

(3) The bedclothes should be light, and not "tucked in."

(4) The night clothes should lie easily on the body so as not to irritate the organs.

(5) No food of any kind should be taken two hours before retiring.

Any special exercise or movement that excites the organs, e.g. riding a bicycle, should be suspended.

Dancing, if it is found to excite sexual feelings, must be avoided, and erotic books, plays and films strictly forbidden.

With these precautions, and the exercise of will-power on the part of the victim, bad habits may be eventually subdued, nor should backsliding be allowed to discourage the sufferer who is really trying to conquer.

CHAPTER IX

FOOD AT ALL AGES

“ Lock up the mouth and you have gained the victory.”
Sidney Smith

A WOMAN attains maturity a little earlier than a man, but growing girls and boys are alike in requiring plenty of wholesome food in order to build themselves up for the future. Moreover, the digestion of the young girl is more active, and she requires food at shorter intervals than does the mature woman. It is in childhood that those food-habits which will be useful in after life are best inculcated. A schoolgirl who “ bolts ” her food, or swallows it hastily, without properly masticating it, will carry on the habit into later life, and will end as a miserable dyspeptic. Coming in to meals from “ gym,” or playing-field, with the keen appetite of youth accentuated by exercise, the healthy schoolgirl is liable to “ bolting,” but the failing must be checked. Again, desire to be at liberty in order to take up some pursuit is often the cause of a girl hurrying over a meal, but it should always be insisted upon that sufficient time is taken and the food properly masticated. There is rapid development between the ages of 10 and 16, and the child requires ample meals. Prolonged fasts

should be avoided, e.g. at a school known to the writer the girls have nothing at all between tea at five and breakfast the next morning. This is far too long for a growing child to go without nourishment, and too many schools are conducted on lines which are not only niggardly, but, what is worse, dangerous to the health of the children. The late Dr. Combe went so far as to say that

“in female boarding-schools there is often insufficient for due sustenance and growth, and, consequently, the natural expression of impaired health, if not actual disease, is a marked feature of the aspect of most of the pupils. So defective, indeed, is the common school management that we have the best authority for considering it a rare exception for a girl to return home in full health after spending two or three years at an English boarding-school.”

The importance of giving growing girls plenty of nourishing food may be estimated when it is known that scientific investigation has established that a girl of from 14 to 16 required 0·7 of the food of a male adult doing moderately hard work. She should have as much carbohydrates as an adult and about three-quarters of the amount of proteids. Thus we see that the nature of the food supplied to the schoolgirl is as important as the quantity of it. Plenty of good bread and butter (not margarine), with jam, marmalade, honey, or treacle, and suet puddings of various kinds should therefore be allowed ; and the necessary proteids can be derived from meat, fish, cheese, eggs, peas, beans, and lentils. The growing girl needs meat to help to form the tissues ; in fact, it is more necessary to her than to the mature woman. A French dietetist, Germain See, is emphatic on this point, and insists on

“the absolute necessity of animal food, of abundance of meat plainly cooked, which contains all the principles of the blood, fibrin, hæmoglobin and iron itself, in sufficient amount to enable us to dispense with ferruginous drugs. Such an albuminous diet, together with nitrogenous, farinaceous foods and fish, and an abundant supply of oxygen and an open-air life, supply all that is required.”

Green vegetables and fruit are necessary to everybody, and should form a large part of the dietary of the growing girl. Her unsophisticated palate does not crave for rich entrées, “high” game, and the many savoury things that tempt the appetite of the adult; and she will do very well if she is allowed a plentiful supply of plain roast or boiled meat, vegetables, fruit, pudding, porridge, and bread, with butter, marmalade, or jam. For beverages, she may be allowed water, aerated drinks, lemonade, barley-water, weak tea or coffee, cocoa, and so on. Milk is not a drink for anybody, child or adult; and no young girl requires alcohol in any shape or form. For a long time it was the practice to give growing girls, especially if they were inclined to be anæmic, some mildly alcoholic beverage, such as claret or stout, but common sense and a better knowledge of the science of nutrition have caused the abolition of this custom. No girl or young woman under the age of twenty-five ought to be encouraged to touch any beverage of an intoxicating nature.

Naturally, when the period of growth is completed, the amount of food required is only that which is sufficient to keep the organism in good trim. The dietary requirements of the adult woman cannot form the subject of hard-and-fast rules, the personal idiosyncrasy varying considerably. Some women do not require so much food as others, and the

“land-girl” doing hard work in the open air would stand in more need of tissue repair than an idle woman who lolled about all day and was waited on hand and foot by a staff of servants. This question, however, has been fully treated in another section ; and if a perfectly healthy, fairly active woman eats—in strict moderation and in accordance with the laws already sketched out—foods which she finds agree with her, no harm is done. It is more in middle-age, when the activities of ordinary womanhood begin to become a burden, when it is less irksome to watch the tennis under the shade of a tree than to take part in a hotly contested game, that mischief is likely to begin. The digestive organs no longer work as actively as in youth, and this is precisely the time that middle-aged women choose to throw extra burdens upon them. At this period the “pleasures of the table” assume an importance greater than before, and there is a tendency to over-eat. To stimulate the jaded appetite and tickle the sophisticated palate, recourse is had to savoury “made” dishes and piquant sauces, and there ensues a series of dietetic errors which may cause great misery. Through taking less exercise and eating larger meals, the middle-aged woman soon betrays a tendency to obesity, which, if not checked, will render life a misery and shorten her days. Obesity can be kept at bay by proper dieting, but if the patient persists in eating everything she fancies and in any quantity, she will go from bad to worse. While the corpulent patient is forbidden bread, potatoes, certain kinds of fatty meat and poultry, and starchy vegetables, puddings, pastry, sugar, beer and heavy wines, there are plenty of articles left to make up a varied and

attractive menu. But the complaint which often attacks the middle-aged woman who is fond of her meals is dyspepsia. This can be treated on clearly defined lines. Imperfect mastication and the habit of "bolting" food are two very usual causes of dyspepsia, and a little self-discipline will be needed if the patient intends to teach herself better habits. Surely it is worth while to take a little trouble over chewing one's food properly and spending time over it if the tortures of dyspepsia are to be banished! The dyspeptic should avoid new bread, buttered toast, rich meat like pork or goose, pastry and puddings, and sweet dishes. Lenke drew up a dietary for a patient suffering from dyspepsia which it may be useful to reproduce:

Roast chicken, pigeon, partridge, venison, underdone beef, veal.

Green vegetables in small quantity, macaroni, and stewed fruit.

A little wine.

Most dietetists would object very much to the inclusion of the veal and the pigeon, both being meats of close texture and difficult of digestion. A little tender mutton would be a suitable substitute for the veal, and guinea-fowl for the pigeon.

Grilled meat is good for the dyspeptic, and a sufficient interval should be allowed between meals. Constipation is another foe which lies in wait for the middle-aged woman, and brings all kinds of evils in its train. Too often women in middle life fall into sedentary habits, and exercise is one of the best remedies for a constipated state. Great attention must be paid to the diet, and in this connection green vegetables such as cabbage and spinach and

fresh fruit will be found useful, also dried figs and prunes. Eggs and farinaceous foods aggravate constipation. Sometimes the condition is induced by too dry a diet, and copious drafts of water will go far to overcome it. In diabetes a special diet is imperative, in which starchy and saccharine foods are reduced to a minimum. The patient is forbidden bread, pastry, suet puddings, and farinaceous foods generally ; also jam, marmalade, honey, treacle, and the fruits which contain sugar, such as grapes, figs, pears, cherries, plums and melon. Among vegetables the diabetic patient may not have potatoes, carrots, parsnips, beetroot, onions, peas, beans, artichokes, cauliflower, or celery. Sweet wines and malt liquors are also forbidden. In nervous complaints a generous diet is called for : meat, poultry, game, fish, and eggs, and special care should be paid to the digestion.

It will thus be seen that diet plays an enormous part in the treatment of sickness, but if a woman is judicious as to her eating and drinking when in normal health, she will escape many of the ills which lie in wait to attack the greedy or careless woman. There is no need for a woman at any age to deny herself the pleasures of social intercourse if she uses discretion, but we find women who have been to a big dinner overnight breakfasting on eggs and bacon, when tea and toast is all that is required. It is just as well, if one is going to a dinner party, to miss out lunch, and next morning to take a saline aperient and live very simply that day.

As old age approaches, the system requires less food and the processes of digestion are slower, so that the diet should be again revised.

With elderly and aged women, the proportion of animal to vegetable food should never be more than 1 to 3, and even this may be with advantage reduced. The meals must be smaller than in middle life, and a little fluid food might be taken just before going to bed, in order to induce sleep, which often defies the elderly. Suitable foods are :

Tender mutton, chicken, game, sweetbread.

Soles, flounders, whiting, and other white fish, which should be boiled, not fried.

Eggs lightly boiled or poached.

Grilled bacon.

Vegetables in purée form.

Stewed celery or onions.

With these unstimulating foods in strict moderation the elderly woman may prolong her days to far beyond the Psalmist's span.

CHAPTER X

WHAT SHALL A WOMAN EAT?

“ Let us partake of the good things which are set before us.”

Charles Dickens

THE question of what to eat has always been a vexed one, and there are several different schools. The vegetarians, for instance, carry on their campaigns against the eating of flesh-food with an extraordinary bitterness and vehemence. We do not find the meat-eaters retorting upon the vegetarians with like acrimony, which seems to indicate that they have broader minds and better tempers. Even among the objectors to flesh-food there are several sects. Some admit eggs, milk and butter to their dietary, but the stricter sort rigidly bar such animal products. It is difficult to lay down any hard-and-fast law, for people differ noticeably in their personal idiosyncrasy. Several extraordinary cases have come under the writer's notice. One was of a man who as a child disliked meat intensely, and lived upon the vegetable and “pudding” part of the family meals. But, on attaining man's estate, he took to meat, and now relishes a chop or a slice of succulent sirloin as much as anybody at the table. Another man can eat

mutton, or pork, and enjoy it, but sickens at the sight of roast beef. Another likes all kinds of meat, but cannot touch game or poultry.

The assertions of the strict vegetarians that man was never intended to eat meat at all, and that his natural food is of vegetable origin, are of course unsupported by any known facts, and are, indeed, contradicted by the very structure of the human body. If a man were intended to eat like a horse or a cow, he would have a digestive apparatus like theirs, but it is notorious that he has not. We must, therefore, place human beings among the "mixed feeders," being neither purely carnivorous (like the lion and the tiger) nor purely herbivorous (like the sheep and the horse). A mixed diet is the natural one for the normal human being, though in various lands and climates the proportions of animal and vegetable foods vary. Thus we find in very hot countries, such as India, the natives eat a larger proportion of vegetable food, while in very cold countries the dietary is almost exclusively of animal origin.

The woman who lives in a temperate climate like ours should allow about a quarter of her dietary to consist of animal food. Meat should only be taken once a day, and preferably at dinner. We all eat too much animal food, and suffer for it accordingly. Consider the day's dietary of the average woman. She may have bacon, or kidneys, or a cutlet at breakfast, and then a meat dish at lunch, and more meat at the evening meal. This is, of course, a great excess of meat, and one that will have unpleasant consequences, for diseases of the kidney and liver, cancer, and increased blood-pressure

await the incautious person who habitually devours too much flesh-food. To remain in good health, it is necessary to restrict the amount of animal food ingested to the extent which has already been indicated.

The function of flesh-food is to supply energy by means of the proteins which it contains: it is also a stimulant. Flesh-food is rich in albuminous and nitrogenous substances, also in fats, and it has one great advantage over foods of vegetable origin in that it is more easily assimilated. In vegetables we find both albumen and fat, but a smaller proportion of nitrogen. They are notably rich in the carbohydrates; wheat, for instance, containing 81·9 per cent of carbohydrates against 16·6 per cent of nitrogenous constituents, with a trace of fat (0·4 per cent) and water (0·6 per cent). Therefore we see that a mutton chop with potatoes forms a well-balanced meal, proteins and fat being present in the chop, and carbohydrates in the potatoes. If a green vegetable be added, there is the additional advantage of its valuable salts. The green vegetables—such as cabbage, spinach, or cauliflower—are not particularly nutritious, but contain the useful vitamins. At this moment, we know little about vitamins, but we are aware that roots and tubers do not contain so many as green vegetables and fruits.

Of all the animal foods, beef is the most nutritious, and it is also the most digestible, though the digestibility of mutton is nearly the same. Pork is the least easily digested of the foods which are in popular parlance grouped as “butchers’ meat,” and veal, though more digestible than pork, is less so than beef or mutton. It may be useful to reproduce a table

of the relative digestibility of various foods, as follows :

Beef, boiled	3 hours
Beef, roast	4 „
Bread	$2\frac{1}{3}$ „
Eggs, boiled	$1\frac{3}{4}$ „
„ poached	$2\frac{1}{2}$ „
„ hard-boiled	3 „
„ in an omelet	3 „
Fish	$2\frac{1}{2}$ „
Apple	$3\frac{1}{6}$ „
Cabbage	3 „
Potatoes	$2\frac{1}{2}$ „
Peas	$4\frac{1}{4}$ „
Boiled rice	$3\frac{1}{2}$ „

It is a curious fact that the flesh of young animals is less digestible than that of those fully-grown. Experiment has shown that veal is more indigestible than beef, and lamb than mutton. People of delicate digestions find fish, game, and the domestic poultry, more suitable than butchers' meat. Fish is no doubt a most useful food ; but the main objection to it is that it is so easily digested that the system soon requires another meal. Some fish, of course, are less digestible than others. Soles, plaice, whiting, turbot and brill, for instance, are more easily assimilated than the fatty fish such as salmon, eels, herrings sprats, pilchards and sardines. Cod and haddock are apt to be tough and difficult of digestion. Shell-fish, besides being very popular on account of their flavour, are also highly nutritious. Lobster and crabs contain the most nutriment, but are not easy of digestion. The much-praised oyster, though delicious eating, contains very little of a nutritious nature, and it has been estimated that ten dozen

would be required to yield the nitrogenous substances needed in a day's ration. As a strengthening agent, therefore, the oyster has been very sadly overrated.

Poultry and game are more digestible than meat because they are more free from fat and connective tissue, thus being more readily attacked by the gastric juice. The flesh of a young chicken is the most digestible and tender of all ; next to this comes the young partridge or pheasant. Quail, grouse, woodcock and ptarmigan are not only delicious in flavour and esteemed a great delicacy by gourmets, but are very stimulating and also nutritious. Guinea-fowl is good eating, and is the most " gamey " of the poultry tribe : some people assert that its meat is comparable to that of the pheasant for flavour and delicacy. The goose and the duck are in a different category : their flesh is coarser in flavour and darker, and contains an amount of oil which renders it too rich for people of delicate digestion. It is customary to temper the oiliness of these birds by taking apple-sauce with them, but even then indulgence in them will, with some people, bring on a bilious attack.

As a nation, the British do not eat enough fruit and vegetables, and a course consisting solely of vegetables is almost unknown to the British housewife. Vegetables, in her eyes and in those of her cook, are merely an adjunct to meat and potatoes. She has no notion of the many delicious dishes which the Continental cook concocts out of the produce of the kitchen garden. " Fresh green vegetables," says Dr. Tibbles, a dietetist of some eminence, " are absolutely necessary for our well-being. Fresh-

ness is as necessary as the vegetable itself. The experience of travellers who go beyond the bounds of civilization, and of sailors who go beyond the reach of fresh green vegetables, is that scurvy and other signs of ill-health arise after being deprived of them for a season."

Vegetables, by themselves, are negligible as nutrients, but are valuable for the salts they contain. Herbert Spencer tried vegetarianism for a time and then went back to flesh-food, as he found his literary work deteriorating. The potato is the most nutritious, because of its carbohydrates, though it is deficient in fat and proteins. To enjoy a potato to the full, and to obtain the benefit of its salts, it should be baked or boiled in its skin. Cabbage, cauliflower, broccoli, and spinach may be eaten freely, and are all capital remedies for constipation. Care should be taken that the cabbage selected is young : old cabbage is an abomination. The bulky residue which these green vegetables leave in the bowel is an aid to elimination. The onion is known to *chefs* as the "basis of cookery," and figures, though not always suspected, in many made dishes and entrées. It is a most valuable vegetable, and a philosophic gourmet once assured the writer that it was impossible to have too many onions. The onion is good for both stomach and nerves ; in fact, sufferers from sleeplessness find a boiled onion just before going to bed a potent soporific. Carrots, parsnips, and peas, all contain nutritive elements, and, properly prepared, are delicious in flavour.

If the English cook cares little about vegetables, she cares still less about salads, while there is on the Continent and in the United States a wide

variety—all of them health-giving and delicious. The ordinary salad as known in this country is composed of lettuce, cucumber, endive, tomatoes, and perhaps mustard and cress—all very good plants. Abroad, they combine these vegetables with fruit and nuts in a very appetizing way. Pineapples and lettuce make an excellent combination, as do chopped apples and celery. But the permutations of fruit, nuts and vegetables are endless. The potato-salad, so very popular abroad, is generally a sad failure in England, as we do not produce the kind of potato which is required. The tomato-salad, with chopped onion, is very refreshing and cooling; and a salad of mixed cold vegetables—peas, French beans, sprigs of cauliflower, etc.—has its points, as has a salad of cooked cold French beans with oil, vinegar, and pepper.

Modern conditions have caused the British housewife to depend more and more upon tinned foods, but this tendency is dangerous if carried too far. The processes which the foods go through deprive them of some of their most valuable properties. It may be possible to place a complete meal upon the table, consisting entirely of tinned products, but it is far from advisable. Let the housewife keep a few tins in the cupboard in case of an emergency if she likes, but *fresh* meat, fish, vegetables and fruit should be the bulk of our diet.

Fruit is an important part of the daily menu, though it is generally thought of as “dessert.” People do not seem able to grasp the fact that fruits can be a meal in themselves. An apple or orange, a banana, and some almonds and raisins make a sustaining and satisfying lunch. Strawberries—

except for those whom they “poison”—gooseberries, raspberries and currants are all good, wholesome fruits, while grapes are a splendid food, containing valuable salts, also sugar. Some fresh fruit should be taken every day.

CHAPTER XI

MEALS AND GOOD HEALTH

“ May good digestion wait on appetite,
And health on both.”

Shakespeare

“ **A**LL diseases enter by the mouth,” says a proverb from the land of Nippon. As in all popular sayings, there is a certain amount of exaggeration in this sweeping statement, but it is perfectly true that errors in eating and drinking are responsible for a very high proportion of the ills that flesh is heir to. It is, as we all know, a tradition that men think more of their meals than do women, but, like many other traditions, this is not founded on fact. I have no hesitation in saying that women are at least as appreciative of what are called “ the pleasures of the table ” as their husbands and brothers. That is to say, they eat just as much, and enjoy what they eat equally, though perhaps they show less discrimination in their eating and drinking. A man as a rule is satisfied with the meals he gets at meal-times : a woman is not. She is fond of eating between meals : she likes to keep a tin of biscuits or a box of chocolates at hand. Moreover, a woman has an extra meal over and above those allotted to a man. She makes of afternoon tea an

elaborate repast, replete with sandwiches, hot cakes, toast, muffins, and all kinds of sweet things. This, between lunch and dinner, is flying in the face of Nature, and throwing upon the already overworked digestive organs an additional heavy task. We all give our organs of digestion and elimination too much employment, and we should all be much healthier and happier if we ate and drank about one-third only of our usual allowance. That is to say, we ingest about three times as much as we really need for nourishment and the supply of heat and energy. Social customs, convention, and the gratification of the palate, in some cases sheer gluttony, are responsible for this state of affairs. In the dawn of civilization, mankind had a dim idea that to gorge itself with food was the best method of storing up strength and energy. Not until many centuries had passed did we discover that to eat more than sufficient for the body's need was to store up—not strength and energy, but disease and misery. Even to this very day, ignorant people cling to the old idea, crystallized into some such phrase as, "You must eat well to keep your strength up." Nothing more mistaken could be imagined. The healthiest and most energetic individuals are those who eat most sparingly, and thus refrain from overloading their systems with masses of food with which the organs are barely able to cope. When an athlete is preparing for some great feat calling for energy and endurance, and "goes into training," he does not take *more* food, but *less*. Which would make the better appearance in an emergency: the lean and wiry athlete "trained to the minute," or the fat, flabby, self-indulgent man, who has always been

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accustomed to eat and drink more than is good for him ? This simple illustration will show the fallacy of the old-fashioned idea that health, strength and energy depend upon ingesting large quantities of food and drink.

Nobody has yet formulated any precise rules (as to the amount of food required) which shall apply to all persons. The personal idiosyncrasy must be taken into account ; for instance, the size of the subject must be considered, big women requiring more food than smaller ones, and thin people than the obese. A woman doing her own housework would probably eat more than one whose muscles were not exerted. A professional woman doing sedentary work would not require as much food as a factory-worker or a woman who spent a good deal of her time in sports and games. In fact, eating heartily is a handicap to hard mental work, because of the extra work put upon the digestive organs, which draws the blood away from the brain, where it is needed.

In these circumstances, it is a very good rule to rise from the table feeling that one could eat a little more. Satiety should be avoided, for the woman who habitually overeats is invariably doomed to first, disturbances of the gastric-intestinal tract, leading eventually to degeneration of the internal organs and the arterial system. Accumulation of fat around the heart, with the danger of syncope and sudden death, is only one of the ills which beset the path of the greedy woman.

Professor Atwater, an American, puts these points well when he says :

“ For people in good health and with good digestion,

there are two important rules to be observed in the regulation of the diet: the first is to choose the things which 'agree' with them, and to avoid those which they cannot digest and assimilate without harm. The second is to use such kinds and amounts of food as will supply all the nutrients which the body needs, and at the same time avoid burdening it with superfluous material to be disposed of at the cost of health and strength.

"For guidance in this selection, Nature provides us with instinct, taste, and experience. Physiological chemistry adds to these the knowledge—still new and far from adequate—of the composition of food and the laws of nutrition. In our actual practice of eating we are apt to be influenced too much by taste—that is, by the dictates of the palate; we are prone to let natural instinct be overruled by acquired appetite, and we neglect the teachings of experience. We need to observe our diet and its effects more carefully and to regulate appetite by reason. In doing this we may be greatly aided by the knowledge of what our food contains, and how it serves its purposes in nutrition."

Alas, few people have the knowledge alluded to in the last sentence, which is one reason for many of the dietetic errors committed. One constantly sees the most ill-balanced meals consumed with deplorable results. Take, for instance, the usual middle-class "Sunday dinner," consisting of a joint of roast beef, Yorkshire pudding, potatoes and greens, followed by a fruit tart. The starches contained in the pudding, the potatoes, the crust of the tart, and the bread or roll, are out of all proportion to the constituents of the rest of the meal. Again, when one is already replete, there is "dessert"!

The constituents of the food-stuffs which we ingest are five: protein, carbohydrates, fats, mineral matter, and water. Protein furnishes heat and

energy, and may be of either animal or vegetable origin. Carbohydrates comprise all the sugars, starches, gums, etc., found in vegetables and grains, and may be derived in insignificant amounts from foods of animal origin. Fats may be either animal or vegetable, and the mineral waters embrace the sulphates, phosphates, oxides, and other salts contained in the food.

It would be well if simple instruction in these matters were given in schools to a much greater extent than now obtains. Perhaps in that case we should not find so many digestions ruined by being called upon to deal with the wrong foods.

Take the order of meals in an ordinary household. At 8.30 or 9, a substantial breakfast, with bacon, eggs, or fish ; at 1 or so comes lunch, with more meat ; and at 7 or 7.30, dinner, with perhaps three or four courses. And, in addition to this, the housewife has had a good tea ! The human organism does not require all this mass of miscellaneous food ; the digestive system does its best to cope with it, but breaks down at last. In consequence, the patent medicine vendors make large fortunes, and can afford to spend as much as £100,000 a year in advertising their " remedies " for indigestion and stomach trouble.

As everybody knows, on the Continent there obtains a most sensible system, by which the first meal of the day is postponed till noon. A cup of coffee or chocolate, with a roll, breaks the fast ; and then the day's occupations are tackled. In France or Germany, by the by, the business man begins his working day much earlier than does his

counterpart in these Islands. Having transacted a considerable amount of business by noon, he is ready for his substantial lunch, and can afford to give the necessary time to it. It usually consists of an omelet, a dish of meat, fruit, and cheese. When the day's work is over comes dinner, over which the Frenchman is not ashamed to linger lovingly. The result of this system is that less food is ingested than on the English plan, and the interval between lunch and dinner is longer, this giving time for perfect digestion.

However, it would involve too much of an upheaval to urge the British housewife to abolish breakfast. That institution is too firmly established. As a compromise, let me suggest a much lighter lunch than usual. A good substantial breakfast would furnish the organism with enough energy for the work of the day, and it were folly to impose an additional strain on the digestive organs just because one o'clock has come round. Fruit makes an ideal midday meal when the domestic scheme includes both a substantial breakfast and an evening dinner. An apple or an orange, with a couple of bananas, will "carry one on" quite comfortably till 7 or 8 p.m., if the day has begun with a meat or fish breakfast. After the evening meal no more food should be taken. Many women are in the habit of indulging themselves with cake, biscuits or sandwiches immediately before retiring; but sleeping is not such an exhausting process that the body needs fortifying in order to sustain the ordeal. This practice is apt to lead to indigestion, disturbed sleep, and bad dreams. We should always allow a long interval between the last meal of the day and retiring to rest.

There are many other dietetic errors which should be avoided by the woman who desires to retain her good health and good looks. One of them is beginning a meal with a plate of soup. "Soup," says Dr. Alderson, writing on indigestion, "only forms a small pond in which other articles of diet that make up dinner swim, swell, and take up a large amount of room, with the result that the stomach has difficulty in grasping, churning, and digesting the dinner." True, the doctor was writing more particularly for dyspeptics, but the same reasons apply in the case of healthy people. The notable rule of the tea-shop, while it has its good points, also has its bad ones. It tempts silly and ignorant women to make a meal of buns and what are known as "pastries," such a meal being very bulky yet supplying but little nourishment. A bun-and-cake lunch supplies plenty of carbon but not the nitrogen, which is essential; and, moreover, such food is liable to ferment in the stomach, giving rise to complaints connected with the digestion. Chronic dyspepsia may even ensue, and then there is nothing to look forward to but a life of misery.

Another common dietetic mistake is drinking at meals. Not only does this practice dilute the gastric juice, but the fluid has an effect on the muscles of the stomach, interrupting the normal process of digestion. It is of course a tradition that wine or other beverages should accompany the solids, but it is a tradition that has been responsible for countless cases of dyspepsia and flatulence. To give up drinking with meals would be very hard at first, but the human system is adaptable and the subject

would ere long become perfectly used to a “dry” lunch or dinner. Either drink half an hour before a meal or one and a half hour afterwards. If a woman feels that she absolutely cannot do without something to moisten the solid part of the meal, not more than half a tumbler of any beverage must be allowed, and this must be sipped, not gulped. When fruits or salads are taken, the craving for liquids is not so pronounced.

To keep in good health and retain her looks, a woman would do well to observe these simple rules of diet, which may be summed up as follows :

She should practise moderation at the table, and refuse to eat to repletion, even to please other people.

She should not force herself to eat because a certain hour has come round. It were better and wiser to miss out a meal altogether than to upset the stomach by loading it with food when appetite is not present.

She should restrict herself to foods that “agree” with her. One has seen women partaking of a dish which they like and saying, “I know I shall suffer for this later on.” Such childish lack of self-control is contemptible.

She should eat butchers’ meat only once a day, for choice at the evening meal.

She should eat plenty of fresh fruit, vegetables, and salads, and should finish each meal with them.

She should pay special attention to mastication and chew each mouthful well.

She should banish beverages from the luncheon-

and dinner-table, and drink only between meals.

She should try to bring a cheerful frame of mind to the table, and abstain when feeling worried or depressed.

CHAPTER XII

ALCOHOL—TOBACCO—STIMULANTS

“ Upon my theme I rightly think
There are five reasons why men drink:
Good wine—a friend—or being dry,
Or lest I should be by and by,
Or any other reason why.”

IT is a scientific fact that women are more easily affected by alcohol than are men, especially when they are young. The nervous system is less stable, and the thyroid gland is more active, and it has been well established by scientific observers that alcohol is not borne well when that gland is over-active. During thyroid treatment a single glass of claret has been known to bring on all the symptoms of intoxication. It would be well to examine the case for and against alcohol, as far as the female sex is concerned. The effects of alcohol upon the human organism are too well known to be recapitulated in any detail. With the ingestion of a small quantity of alcoholic liquor, cheerfulness is increased, a sense of well-being pervades the subject, who revels in bodily and mental comfort. The ordinary cares and worries of life assume very small proportions, if they do not fade from memory altogether, and the drinker is soon of opinion that “all’s for the best in the best of all possible worlds.” This delightful

state of affairs is, also, a temptation to the weak-willed ; the desire to enjoy these pleasing sensations on a subsequent occasion is soon yielded to, and then a fatal habit is formed. This, however, is not the place in which to discuss the female inebriate ; these unhappy beings are in most cases incapable of reclamation. Many men who have given way to habits of intoxication have been rescued and made happy and useful members of society, but the woman who " takes to drink " is seldom cured. Even if apparently a cure has been effected, it is not permanent : sooner or later a relapse occurs. This is the great danger in alcohol for women : the formation of a habit which may end disastrously. In this connection Dr. Arnold Lorand says :

" It is an interesting fact that in those with degenerated sexual glands there is always a greater liking for alcohol ; thus women, after the menopause, have a greater predilection for spirits, and the greatest number of cases of drunkenness in women is to be observed among such. . . . If women, after the menopause, exhibit a greater inclination to drink, we think it cannot be explained solely by their seeking to drown the sorrows of lost youth and by substituting the pleasures of sexual life by those of the bottle. This may certainly influence them to a certain degree, but in any case it is certain that without the possession of healthy sexual glands the desire for stimulants is greater ; and it would seem also that in advanced age they can take alcohol more freely than in their prosperous younger days. Such persons have a partiality for strong, sweet liqueurs. Happily, such women are in a great minority. All we wish to point out is that it is among the older people that this craving exists, as in the younger ones alcohol cannot be so well borne."

No young woman, in fact, ought to touch alcoholic liquor—at any rate, till she is over twenty-five

years of age. It is a saddening sight to see quite young girls in the public restaurants drinking cocktail after cocktail, and showing themselves quite learned in choosing champagnes and other wines. For a woman, there is danger in even the moderate use of potent alcoholic beverages. If that use is continued for long, degenerative changes take place in the tissues: the stomach and liver suffer first, then the kidneys, lungs, blood-vessels, and brain. The nervous system is also harmed, the alcohol acting upon it as a direct poison. Chronic gastritis, catarrh of the stomach, cirrhosis of the liver, and Bright's disease, are among the results of a steady indulgence in cocktails, liqueurs, and whisky-and-soda, even among those who have never "drunk to excess" in their lives. The mucous lining of the stomach becomes hardened and thickened, the flow of gastric juice is rendered scanty and irregular, and consequently unhealthy fermentation takes place, causing loss of appetite and various other unpleasant consequences. If the practice of "nipping" is carried on to anything approaching excess, there often follow degenerative changes in the brain, including loss of memory and of the power to concentrate, confused and cloudy thinking, and the like. The moral changes which occur in persons addicted to drink are well known, and examples may be seen in any prison or criminal lunatic asylum. Curiously enough, sexual immorality is not necessarily a consequence of excessive drinking—probably this is because of the degenerative changes in the tissues brought about by excess of alcohol. Small quantities of alcohol, on the other hand, may have the effect of stimulating the sexual glands, thus leading to immorality.

Time was when alcohol was prescribed for delicate young girls and women, chiefly in the form of Burgundy or Guinness stout. It was supposed to "build them up," and make blood; but this kind of thing has nearly disappeared from medical practice. In some cases the alcoholic habit has been formed through some well-meaning friend having recommended some medicated wine during convalescence. The alcohol in the wine brings about a transient sense of well-being very pleasing to the convalescent, and subsequently recourse is had to the decoction whenever the subject "feels low." The fact that the wine is obtained from the chemist's establishment and not from a public-house makes the transaction seem quite respectable, and the subject does not realize that she is just as much a dram-drinker as the working-woman who slips into the private bar for her "drop o' gin." These wines are no doubt very useful in their place, but were not meant for beverage purposes. A little alcohol during recovery from a serious illness is not a bad thing: it helps nutrition and digestion, and is restorative in debility and lowering of the system. In cases of acute illness, when a powerful stimulant is required brandy is invaluable, and medical science has as yet discovered no satisfactory substitute. This spirit is especially valuable in heart attacks, and in bad cases of pneumonia a tablespoonful of brandy may be given every three hours. If brandy is not available, whisky is the next best thing. Old matured whisky is the most wholesome spirit in the world, being distilled from the finest malted barley, but the so-called product of Scotland, of which the basis is wood-alcohol or potato-spirit, is liquid death. Aged people sometimes find

that a little good Scotch whisky helps the enfeebled digestion to do its work and creates appetite ; but it is not for the young and healthy woman.

While there is no need for girls to touch any alcoholic beverage—and in these temperate days nobody thinks any the worse of them if they do not—a little sound wine may be permitted to the woman who finds that it does her good. Nobody ever came to any harm by being an abstainer from the use of alcoholic beverages ; but at the social board, taking a glass of claret or Burgundy, or even champagne, will save a guest from looking conspicuous and will not have any serious consequences. The woman who takes wine with her dinner, however, must be careful to remember that the beverage is burnt up in the body just like any other food constituent, and, therefore, not so much solid food should be taken. The mistake which most people, both men and women, make is taking as much solid food when they are drinking wine as if they were drinking water. The wine should be taken in place of, not in addition to, a certain amount of fats, carbohydrates and proteids.

A glass of sound wine with a meal has been found to stimulate the flow of the gastric juice, and promote assimilation. It also has a specific effect upon the nervous system. In a lecture before the Midland Medical Society, a well-known alienist said of wine :

“ It has the power to unlock the stores of energy that exist in the brain, and to render available for immediate expenditure energy which, without it, would remain in store unavailable for our present needs. It also enables people to digest and assimilate food, that in its absence would be unavailable for them.”

An authority on food and hygiene says :

“ In considering the influence of wine upon nutrition and its effects upon the individual in various diseases, its constituents must be taken into account. Wine, having a specific gravity nearly that of water, is absorbed less readily than spirit, which is a favourable circumstance as it spreads the absorption over a longer period, and renders wine less dangerous than spirit. Wine is absorbed without change ; its bouquet and aroma stimulate taste and appetite and influence nutrition favourably ; the aromatic constituents stimulate the glands of the abdomen and favour the manufacture of blood cells ; the general constitution of wine has a restorative action on those exhausted by fatigue, mental labour, insufficient food, or long illness, and in various diseases, such as anæmia, atony of the digestive organs, general debility and low states of the system.”

While this book was being written an extraordinarily interesting speech on alcohol was delivered by Lord Dawson of Penn in the House of Lords. As his lordship is one of the King's physicians, and the only medical peer, great importance attaches to his views. I therefore make no apology for quoting a striking passage as set out in the Parliamentary report in *The Times* newspaper. In this Lord Dawson said :

“ The chief effect of alcohol was on the nervous system. To call alcohol a narcotic was a misnomer if it was taken in moderation. It added to the pleasure, the exhilaration, the happiness, and the gaiety of life. Under the conditions of modern civilization in these days of concentration and constant endeavour to put twelve hours into six, with a high measure of specialization, it was obvious that at the end of such a day the mind of man got into one track. He had no uplift. There alcohol came in very well. In moderation it got a man out of the track ; it lightened his mental touch. A man, for example, who worked seven or eight

hours a day in the manufacture of motor-cars had been using precisely the same set of muscles and consequently the same cells of the brain. At the end of his day he was uplifted by the moderate use of alcohol, and at that time good beer would help him and not harm him. He attended recently a public dinner where the centre table consisted entirely of prohibitionists, many of whom were high ecclesiastics. It was very interesting to watch them. That table was the one dull grey spot in the whole of the dinner (laughter), and if anybody wished to be converted from an uncompromising condemnation of alcohol, they would have been converted by that scene. (Laughter.) People were often too tired at the end of the day to digest their food, and a small quantity of alcohol made them feel happy with themselves and happy with the world."

It is tolerably well known that some wines are more alcoholic than others ; and the annexed table may be useful as a guide :

Chablis		contains	7·88	per cent. of alcohol.
Château Margaux		„	8·75	„ „
Leoville . .	„	„	9·10	„ „
St. Julien . .	„	„	9·28	„ „
Larose . .	„	„	9·85	„ „
Johannisberger .	„	„	10·00	„ „
Macon (or Volnay)	„	„	11·00	„ „
Rudesheimer .	„	„	11·60	„ „
Champagne .	„	„	11·75	„ „
Madeira . .	„	„	19·11	„ „
Port . .	„	„	21·91	„ „
Sherry . .	„	„	22 90	„ „

It will thus be seen that port and sherry are by far the heaviest wines ; and as in inferior brands these frequently have alcohol added, they are best avoided. While we are discussing the alcohol-content of wines, it may not be amiss to state that the "home-made" wines—such as rhubarb-wine, gooseberry-wine and elderberry-wine—often contain a

greater amount of alcohol than any of the wines mentioned in the above list. It sounds in theory a most innocent and harmless thing to pull up at the farm and taste the home-made wine set out by the farmer's wife, but there is considerable potency in these idyllic drinks. The same may be said of cider and perry, some makes of which are more intoxicating than strong ale. There is also more than a trace of alcohol in the familiar brewed ginger-beer in the well-known stone bottles.

The function of alcoholic beverages in illness has already been touched upon: champagne, for instance, having a beneficial effect where there is a tendency to failure of the heart, or where there is persistent vomiting. In convalescence it is an excellent "pick-me-up." Champagne, too, has the property of remaining on the stomach when food and other beverages are rejected. In some conditions, however, alcohol is forbidden altogether. The sufferer from gout and rheumatism would do well to abstain from it; and in any case his choice of intoxicating beverages is severely restricted. In all kidney or liver complaints alcohol is dangerous; in fact, some of them are brought on by over-indulgence. Cases of mental depression and neurasthenia should be strictly forbidden any alcohol; there is danger in the very fact of its exhilarating qualities. Having experienced the cheering effects of alcohol, the subject is eager to repeat the pleasing sensation, and thus a habit is established which may, and often does, lead to disaster.

One of the effects of alcohol is to diminish the power of resistance to disease. Insurance companies' returns show that people who abstain from alcoholic

beverages have a longer expectation of life than even moderate drinkers. A well-known physician, attached to our army in South Africa, observed that on the march to Ladysmith the men who fell out were invariably the drinkers. Cancer, that terrible scourge, is more common among drinkers than abstainers ; and it has also been shown that alcohol weakens the defences against the microbes of hydrophobia, tetanus, and anthrax. In pneumonia, a woman accustomed to drink would have less chance of recovery than one who had never tasted alcohol, and in fevers the same rule applies. A heart degenerated by free indulgence in alcohol is more liable to fail when an unexpected strain is thrown upon it than one which had not been exposed to such influences. All these are potent reasons why a woman should avoid alcohol. This applies especially to lonely, idle women with nothing to occupy their time. Alcohol produces a feeling of cheerfulness and well-being, and in a very short time a habit is established. This may lead to chronic intemperance, with all its shameful and terrible consequences.

Closely allied by common consent are alcohol and tobacco. The cocktail and the cigarette go together.

Smoking among women has increased by leaps and bounds during the last ten years ; the most blameless matron can take her whiff without losing the good opinion of her most straitlaced friends. We are far removed from the days when the adventuress of the melodrama proclaimed her lack of principle by ostentatiously smoking a cigarette. There is, however, no reason why women should smoke, and it is probable still that many more women take a cigar-

ette so as to be in the fashion than really like or enjoy it. Those who genuinely are attached to tobacco claim it soothes their nerves and stimulates the cerebral functions ; and it is true that in moderate doses tobacco is a sedative, which “ soothes and cheers the weary toiler and solaces the overworked brain.” There is no reason, however, why the idle young woman whose life is spent in a series of dances and *matinées* should stain her finger-tips and foul her breath with cigarettes.

“ Woman’s delicate nervous organization,” said the medical correspondent of *The Times* in 1922, “ was certainly not intended to endure large doses of this poison ”—meaning tobacco. Nicotine, the active principle in tobacco, is a deadly and rapid poison. Two drops will kill a dog in one minute, and a cat in two minutes. In human beings it has been observed that the application of nicotine on the point of a needle to a decayed tooth caused serious collapse, and death followed the use of chewed tobacco to stop the bleeding from a wound. Acute nicotine-poisoning is marked by unmistakable symptoms. The mind is confused, the sight is affected, there is nausea and vomiting, faintness, giddiness, trembling of the limbs, cold sweats ; in extreme cases paralysis and blindness is followed by death. It will thus be seen that tobacco is not a thing to trifle with, and even a fairly moderate use of it is followed by deterioration. For one thing it affects the optic nerve, and thus causes dimness of sight. Tobacco also has a curious effect on nutrition. Excessive smoking not only causes loss of appetite, but it can directly cause dyspepsia and gastric catarrh. The effect of tobacco on the system is well marked. It

excites the heart, causing the pulse to become intermittent and irregular ; the circulation is impeded ; in some cases anæmia of the brain will set in, causing vertigo or giddiness, defective memory and an inability to concentrate the thoughts. There have been cases in which excessive cigarette-smoking has caused a condition of semi-imbecility ; and if this condition is not reached, the victim of the habit becomes indolent and irritable, and a lowered moral tone renders her prone to lying, deceit, and petty pilfering. A respectable workman applied to a London stipendiary magistrate for advice about his wife, who neglected the home and made his life miserable. The usual cause in such cases is drinking habits ; but this woman was free from that vice. The apathy induced by the smoking of countless cigarettes was the root of the evil. Thus we see not only ill-health but domestic unhappiness brought about by the too-alluring cigarette. In some States of America it is against the law to sell or give cigarettes to young people, and some reformers are endeavouring to have the sale of them suppressed altogether. Some Turkish cigarettes which had a large sale in certain circles were impregnated with opium, and were even more deleterious than ordinary ones. The person habituated to opium is dull and torpid mentally, and depraved morally—in fact, all moral sense seems to be destroyed by the drug. Opium deranges the digestion, causes degenerative changes in the liver, and lowers the blood-pressure. Moreover, the temporary exaltation produced by the drug is followed by a deep depression, which can only be alleviated by renewed doses, thus forming a habit which it is practically impossible to break.

In some decadent circles in London and Paris there has arisen a habit of smoking tea-cigarettes, which is even more harmful than ordinary tobacco. At first the smoker feels dazed and stupefied, with a tendency to giddiness, and persistence in the tea-smoking habit leads through insomnia and nervous debility to the complete breakdown of the mental faculties. Many women have been removed to a mental home as the result of smoking these pernicious inventions. Few people realize that the tea itself, even in the form of the usual beverage, is a potent stimulant. It contains theine, a powerful poison, and in small doses a strong stimulant, giving the tea-drinker that sensation of well-being which is one of the charms of a "nice cup of tea."

But constant tea-drinking to excess affects the nerves, making the subject "jumpy" and irritable. Giddiness, palpitation and trembling of the limbs also afflict the immoderate consumer of tea, while insomnia and deep depression may follow. The infusion may also exert a deleterious influence on the digestion and cause dyspepsia; it also dulls the palate and sets up constipation and flatulence.

In a previous work ("Diet for Women") this writer has remarked: "The magic and stimulating effect of a cup of tea on anyone who is fatigued or worried is explained by the fact that it clears the blood of uric acid just as alcohol does. But while stimulants are very useful on special occasions, just as the whip and spur are, they must not be resorted to continually. They call out all the reserves of the body, and when these are exhausted, what is commonly known as 'nerves' results. Excessive tea-

drinking accounts for much of the irritability and nervousness of the modern woman."

Owing to the action of the tannic acid on the stomach, tea should never be taken with cold meats and other comestibles ; the terrible " high tea " of the northern and midland counties accounts for a good deal of the dyspepsia which is to be found among the inhabitants of these regions. If tea is to be used as a refreshing beverage, and not as a (ultimately) harmful stimulant, the following rules for making it should be observed :

(1) Having settled on a reliable brand of tea, use it in the proportion of two spoonfuls to each pint of water.

(2) The water must have just begun to boil when it is poured upon the leaves, so as to extract the fine flavour. Water from a kettle which has " gone off the boil " is absolutely useless for tea-making. Use a porcelain or earthenware teapot—not a metal one, unless it be silver.

(3) Let the leaves be infused for not more than four minutes, and the brew should be poured off into another teapot, previously warmed, and not allowed to stand upon the leaves.

Coffee is another useful stimulant, and has properties which are denied to tea. It assists digestion, and has a laxative effect, and by removing the sense of fatigue is of assistance when prolonged hours are being worked. Coffee also stimulates the kidneys and increases excretion ; it invigorates the brain and clears the intellect. Apart from being an agreeable and wholesome beverage, it has been found useful in heart disease, insomnia, neuralgia, nervous headache, epilepsy, influenza; and sea-sickness ; it is also

an antidote in opium poisoning or alcoholism. Coffee is of valuable help to the student and the literary worker when the "midnight oil" is being burnt. It is supposed to keep people awake when it is desired to ward off sleep for some purpose or other, though in some natures it induces drowsiness ; and for this reason, as noted above, is sometimes given in insomnia. To travellers on a cold night it brings a feeling of warmth and well-being which no other beverage, even tea, seems to supply.

This beneficent plant does not agree with everybody, and in some individuals causes palpitation, nervousness, and trembling of the limbs. In excess it is harmful (like many other things) and may even induce a kind of narcotism. As a digestive after dinner it is best known to the modern hostess in the form of *café noir* : but very few English cooks know how to concoct this agreeable finish to a good dinner. The wise housewife buys the roasted berries and grinds them herself in the little coffee-mill which forms part of the appointments of the properly conducted kitchen. The flavour suffers if the berries are too little roasted ; if they are roasted too much an acrid taste is developed which spoils the drinker's enjoyment of the beverage. The infusion will be the more fragrant and enjoyable if the berries are roasted and ground immediately before they are required by the coffee-maker. Few foodstuffs are so frequently and so variously adulterated as coffee. Chicory is the favourite adulterant ; but there are also used such substitutes for the berry as acorns, wheat, rye, peas, beans, dandelion roots, and the seeds of lupin and cassia, also roasted beetroot.

Chicory is largely cultivated for the purpose of mixing with coffee, but under the Food and Drugs Act, everybody selling a mixture of coffee and chicory is bound to describe it as such.

CHAPTER XIII

EXERCISE FOR GIRLS AND WOMEN

“ She had not the muscle, although she had the heart,
In outdoor life to take an active part.”

Carleton.

ESSENTIAL to every woman's health is a proper amount of exercise, though it is only of comparatively late years that this has been universally recognized. Mlle. Suzanne Lenglen would probably astonish not a little the lady players of the 'eighties ! For the vast range of games now open to the weaker sex is a comparative innovation ; it is only of late years that golf, hockey, and lacrosse have been added to the list. The efforts of some women to imitate the other sex by going in for cricket and football are to be deplored, as their frames are not fitted for such manly sport. Many women are naturally averse from exercise ; but it cannot be too strongly impressed upon such mistaken persons that many complaints may arise from neglect. Regular and sensible exercise benefits the whole body. The muscles are benefited, because the blood supply is increased and the waste material rapidly carried away. More oxygen is brought into the lungs, and more carbonic acid exhaled from them ; elimination is assisted, and the circulation of the

blood is promoted, and deep breathing—a great health-giver—is encouraged. Nor is this all: the athletic girl or woman is brought under the influence of those potent tonics, fresh air and sunlight. Important to women who value their appearance—and what woman does not?—are the effects which regular exercise in the open air have upon the face and figure. The latter is kept slim and youthful, grace of carriage is added, while the eyes are brighter and the complexion clearer and rosier. No woman can afford to neglect these aids to beauty and attractiveness. The *too*-athletic woman is not so attractive, being easily recognized by her weather-beaten, ruddy face, with the lines round the eyes, caused by screwing them up to see better in the bright sunlight, and her hardened and broadened hands. When she is in evening dress, she is further singled out by the V of brown, sunburnt skin in the midst of the whiteness of her neck. Moderation should be practised in all things, even in exercise. In excess, exercise throws too much strain on the heart, causing it to become irregular; moreover, if it is continued for prolonged periods, the muscles, being deprived of needed rest, become enfeebled and debility is induced.

Shakespeare recognized the ill-effects of lack of proper exercise when he wrote:

“ Sweet recreation barred, and what doth come
But moody and dull melancholy
Kinsman to grim and comfortless despair,
And at her heels, a long infectious troop
Of pale distemperatures and foes to life.”

Among the “pale distemperatures” which are apt to come on when sweet recreation is barred may be mentioned indigestion, dyspepsia, constipation, flatu-

lence, and corpulency, and these bring others at their heels. It is an unfortunate thing that persons inclined to corpulency are hardly ever fond of exercise ; the lack of it increases the obesity and thus a vicious circle is formed. Again, people will, when suffering from dyspepsia, begin hard exercise directly after a meal. This causes a suspension of gastric digestion, and the last state of that person is worse than the first. Over-exertion in any form of exercise irritates certain nerves, causing a higher blood pressure, the arteries become dilated and lose their elasticity. This will lead directly to arterial degeneration and arterio-sclerosis. Another danger of a too-great devotion to sports and pastimes is that of causing dilatation of the heart, which may result in sudden death. Not long before the publication of this work a lady golfer dropped dead upon the links, owing to having overstrained her heart.

Let us now consider the various forms of exercise, pleasurable and health-giving, which may be recommended to girls and women of various ages. Certainly the cheapest form of exercise is walking, which calls into play numerous muscles. It also increases the circulation, causing the blood to course briskly through the various parts, and helps to carry off waste matter by greatly stimulating perspiration. For those living in the centre of a city, it is perhaps more difficult to obtain proper walking exercise ; the hot, hard pavements are trying to the feet ; but, even so, a woman would derive more benefit from walking to the shops or to business than by taking an omnibus or tramway-car. In the large cities mechanical transport is so easy and cheap that the temptation to avail oneself of it, especially if one

is in a hurry, is overwhelming. The busy woman who avers that she has not the time to walk to her office in the morning, might try walking back from it in the evening. The exercise will be beneficial, for the muscular exertion will help to work out any poisons that may have accumulated in the system during a long day spent in a sedentary occupation. It will also stimulate the appetite for the evening meal, and that familiar condition in which the busy woman arrives home "too tired to eat," will be banished. In the country, walking is naturally more pleasant, and one has the added advantage of pure air. If the residence is in a hilly country, so much the better, for hill-climbing is one of the best exercises there is. At first the blood-pressure will increase, but after a while it will decrease; and, as hill-climbing involves deeper breathing, the intake of oxygen will be larger. Too strenuous mountaineering is not for those who have weak hearts, though it is a fact that a well-known continental heart specialist, Dr. Oertel, believes in graduated hill-climbing as a means of strengthening a weak heart. In various mountainous parts of Switzerland and Austria, the doctor maintains sanatoria for his patients, part of whose treatment consists in methodical and medically supervised mountain-climbing exercises.

For those whose means allow of it, riding on horseback is splendid exercise. It stimulates both circulation and perspiration, and is good for the liver. Many eminent physicians prescribe it for themselves; and a world-renowned specialist once rode from Berlin to Dresden to take part in a medical congress held in the latter city. Some ingenious person once

invented a mechanical horse, on which those in need of riding-exercise might practise equitation in their own rooms, but these patients miss the benefit of the fresh air which is the usual accompaniment to horse-back riding. Golf and tennis are excellent exercise for those under middle age, but as the "fifties" approach, they should be abandoned, in spite of the example set by Lord Balfour, who still wields a racket at an advanced age. To women with sound hearts, rowing and swimming may be heartily recommended. Fencing is one of the best exercises in many ways. It exercises all the muscles, it gives an erect and graceful carriage, and it teaches quickness of hand and eye. Women who possess a garden have the means of exercise ready-made. Gardening, including the hard work, not only brings the muscles into play, but it keeps a woman out in the open air and sunlight. A couple of hours in the garden is better than a couple of hours in the "gym." Moreover, gardening is full of interest, and not so mechanical as some forms of physical culture. It employs, and thus strengthens, both body and mind. Some girls are fond of cycling; and while this is undoubtedly good exercise, it has its dangers. One of these is that the feeling of fatigue is not so easily perceived and there is the danger of overstrain. Timid or nervous women should not cycle, especially in heavy traffic. Not only are they apt to "lose their heads" in an emergency, with disastrous consequences to themselves and others, but the strain on the nerves is bad for them. Of special exercises, not connected with sports or pastimes, hopping and skipping may be recommended. Some people advise all kinds of quaint animal movements, such as lying on the floor

and imitating a snake or a lizard. For strengthening the arms, shoulders, and upper part of the body, it might be useful to practise "shadow boxing," or delivering "straight rights" and "lefts" at any imaginary opponent. From a physical-culture article published in America, we gather that there is actually a vogue for women boxers in the enlightened land of liberty, and that a Franco-American woman called La Mar gave some exhibition bouts with Benny Leonard at the Winter Garden in New York. She said to an interviewer :

"I believe that boxing should be part of the education of every girl. To me it is just like dancing—the spontaneous, static sort—because of the nimble-footedness it entails. Even if a girl is below par physically, she should go in for it. With a change to a healthful diet and outdoor activity it will vitalize her and give her the muscular tone she lacks. No exercise is so splendid for conditioning, for reducing. The lively foot-work, the vigorous action of the arms, and the bending attitudes, and no less the fair and square percussion, all act to bring the body into a harmonious symmetry. . . . And then the mental stimulus it offers. It is a character-builder."

All this may be very true, but Englishmen would have a distinctive dislike to seeing their womenkind engaged in inflicting upon each other "hooks" and "short-arm jabs." A far better importation from America would be what in their quaint phraseology they call a "hike." This consists in putting on simple clothes and stout shoes, and going for a tramp across country. A sandwich-and-fruit lunch may be carried, or tea obtained at any village which may be encountered *en route*. If not persisted in till over-fatigue sets in, the "hike" would be both healthful and interesting. And one could always

return by train if by any chance one wandered too far afield. The ordinary picnic as known in Great Britain also affords opportunities for healthy exercise, particularly if it is done in proper gipsy fashion.

While a certain amount of exercise should be taken every day, heed must be paid to times and seasons. Never take violent exercise directly after a meal. We too often see an ardent girl, dragged away from her favourite pastime to lunch or tea, hurrying through the meal, and then dashing out to resume her game. Rest after eating is essential, even for the youngest and most active of us. The animals are wiser than we, and always remain quiescent for some time after a meal. There are also certain periods in a woman's life when exercise is not advisable. The best time for exercise is in the morning, but it is not always convenient when business and social duties have to be carried out.

Women who do brain-work—journalists, secretaries, and the like—will find they will enjoy the daily task more if they take regular exercise. The brain requires plenty of good, clean blood to nourish it, if it is to be in good working order and capable of responding to any call made upon it. Moreover, the eliminatory processes are helped by exercise, constipation is removed, and the dull, heavy feeling which it brings is removed with it.

After violent exercise, it is advisable to take a bath, or the toxic material thrown off may be reabsorbed into the body. At any rate, a cold sponge and a brisk rub down with a rough towel should be indulged in.

Some girls and women complain that they cannot

take part in any sport or pastime without becoming scarlet in the face. This is particularly the case with fine skins, through which the blood normally shows in a glowing pink. In these cases, it is difficult to know how the condition complained of could be avoided. Plenty of cold water will help to reduce the depth of colour. Eating freely of fresh fruits and vegetables will help to keep the capillaries from a tendency to become enlarged and too prominent.

Of late there has been a considerable reaction against too-strenuous games for girls. Educationists and physical trainers alike have come to the conclusion that the bodily structure of young girls is apt to be maleficiently affected by the necessary strain and exertion of such games as hockey, for instance. The enlightened head mistress of a very famous girls' school in London has absolutely vetoed some games. Just as the vogue of the athletic girl, which began twenty-five or thirty years ago, was a wholesome reaction against the namby-pamby young woman whose most violent amusements were crochet-work or tinkling on the piano, so the craze for games, being overdone, itself caused the present reaction in favour of quieter sports for girls. The swing of the pendulum, so potent in human affairs, was never better illustrated. An article in a London evening paper, signed "A Games Mistress," contains some sensible remarks on the subject, which are especially noticeable as coming from a lady who, by her official position, is eminently qualified to judge of such matters. She says :

"Hockey unquestionably has the largest following of all the winter (outdoor) games for girls. Indeed, at

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some schools it is placed upon a pedestal. At George Watson's Ladies' College, Edinburgh, for example, hockey is the only game for which 'colours' are awarded.

"It is open, however, to at least two serious objections—a serious risk of disfigurement; and the fact that it is a one-sided game, apt to develop one side of the body at the expense of the other. Further, the eyes being constantly on the ground, a stoop is produced. The 'hockey slouch,' indicative of vertical or lateral curvature, is all too common in girls of to-day.

"The risks and hard knocks of hockey are said to develop 'character.' But of what type? Is it unfair to suggest that the hockey girl is often 'mannish'? Still, the majority of head mistresses, and, presumably, school doctors, approve of hockey. Whether the majority of girls, who are often practically compelled to play, enjoy it is another matter. In my experience many girls regard hockey with loathing and terror.

"To some extent lacrosse is one-sided, but a good player must be able to throw or catch on either side of the body. The constant stretching and upward movements expand the chest and make for a graceful, upright carriage. There is more training for hand, eye, and quickness of foot than in any winter game for girls—that is outdoor game, for among indoor ones badminton, one suggests, is incomparable. The element of risk in lacrosse is slight compared with hockey. The only real objection is that, making severe demands on speed and stamina, it is no game for the weakly.

"At the great juvenile sports gathering at Chelsea the Prince of Wales was obviously delighted with the girls' (and boys') net-ball matches.

"Net-ball is in many ways the ideal winter game for girls. The risk of injury or disfigurement is infinitesimal. Net-ball develops the body equally and gently. The ball, being generally in the air, the head must be kept up. Although a player may not run with the ball there is plenty of running to intercept throws or passes. The game can be enjoyed by quite small girls, and it has the advantage over hockey and lacrosse that in bad weather it can be played in a gym-

nasium or hall, the usual seven-a-side teams being if necessary reduced to five."

Like everything else, exercise must be taken in moderation. Already the craze for excessive indulgence in lawn tennis is evolving a new type of young woman, lean, leathery-faced and unattractive in the extreme. The tennis maniac becomes lopsided, through using the right side exclusively; her feet become flat and broad, her eyes are continually screwed up, her hands are brown, hard, and broad instead of soft and white, and she suffers from "tennis elbow," and many, through over-exertion, acquire a dilated heart.

It is generally known that the present excessive and foolish devotion to sports and games is viewed seriously by medical and other competent observers. In this country there are thousands of men and women who have exercised their muscles to such an extent that they have no energy left for mental work. Excessive exercise is so exhausting that it has been known to lead to neurasthenia, and when a person becomes neurasthenic, farewell to peace, happiness, and enjoyment of life! Nerve energy expended in one direction cannot be used in another, which is one of the reasons why the farseeing school mistress mentioned above forbade over-indulgence in exercise, for it reduces a woman's value as a mother, by diverting and expending nerve-energy. A more than usually imbecile instance of the craze for over-exercise was seen recently in the fashion for endurance tests for dancers. Some half-witted creature would back herself to dance for a specified number of hours without stopping, and other idiots were found, not only to organize these tests, but actually

to watch and applaud them ! One of the contestants actually went insane, while others were carried off the dancing floor in a state of collapse. What useful purpose could such degraded exhibitions serve ? Dr. Robert Coughlen, in 1905, collected some statistics among American college athletes which showed that they were more than twice as likely as the average man to die of kidney disease or heart disease and had much less resistance to pneumonia and consumption.

The athlete is early "played out." A boxer of thirty is in retirement, and a football player of the same age is spoken of reverently as a "veteran" ! How unnatural this is, can be readily seen when we reflect that in ordinary life a man of thirty has in many instances yet to prove himself, and that no one would call a man a "veteran" in commercial or professional life till he was about eighty or ninety. It is not natural to think of a man of thirty or thirty-five as a "veteran," and what is not natural is wrong. The whole of this exaggerated worship of athleticism is artificial and unhealthy. At Wimbledon enthusiastic girls besiege well-known tennis players with autograph books, with as much adoration as if they were generals returning from a glorious victory which has saved the Empire ! This is showing a wrong sense of values.

In adult life, less exercise is required, so that one's store of energy may be conserved and applied to the working of the vital organs and to the mental exertion necessary in one's business or profession.

Luckily, we are all provided with a danger signal, which is called Fatigue. If we, in our conceit, or to show what we can do, choose to run past that signal,

the result is a smash. Fatigue is caused by a deficiency of oxygen, and a predominance of carbonic acid in the blood, and constitutes the warning given by Nature that we are overtaxing our strength and depleting to a dangerous degree our store of nerve-energy. If rest is taken directly fatigue is felt, there is an opportunity for the dissipation of the poisons (carbonic acid, for example) in the blood. The process is quite clear, if only attention is paid to Nature's warning at the time. When the fatigue products begin to accumulate in the blood, there is a slackening of muscular energy, due to the toxic action of the fatigue products on the nerve-centres. It is here that fatigue is felt, and not in the muscles, as most people erroneously think.

A Committee appointed for the purpose made some interesting investigations regarding fatigue and obtained important results. One of the facts brought to light was that short "spells" of labour, interspersed with periods of repose, produce better work, and the worker at the end of the day is not so tired. Among other things, the Committee reported that "for work in which severe muscular labour is required it seems probable that the maximum over the day's work, and the best conditions for the worker's comfort and maintained health, will be secured by giving short spells of strenuous activity broken by longer spells of rest."

Fatigue, then, is a natural danger signal, and if people only regarded it there would not be so many sudden deaths.

CHAPTER XIV

DANCING AND OTHER RECREATIONS

“ We make our own happiness, no one else can do so.”

EVERYBODY must have a certain amount of recreation and relaxation if the human machine is to perform its functions properly and easily. The nature of that relaxation does not particularly signify: the danger to be guarded against is immoderate indulgence. The Buddhists say that the aim of the ignorant is pleasure—that of the wise is happiness. The modern girl confuses the two. There are some natures which pursue what they deem a life of pleasure as earnestly and strenuously as if it were the end and aim of existence. Satiety and a miserable, discontented old age are their portion. The unrestricted craze for dancing which is such a feature of the present age is a case in point. Some girls and women seem to live for one-steps and fox-trots, and fill in the time before the evening's dancing begins with “ dance-lunches ” and “ dance-teas.” The perils of too much dancing are well set forth in a letter to a daily paper by a medical man of Dublin, who said :

“ With regard to the question ‘ Do girls dance too much ? ’ I should like, with your kind permission, to state the physiological reasons of ‘ tired old age.’

“(1) Moderate exercise develops the muscular system of the body. If this is carried to excess, wasting of the muscles occurs, as they are unable to comply with the great extra strain imposed on them—e.g., by continuous all-night dances.

“(2) The continuous loss of sleep and returning to bed at 3 or 4 a.m., when the body's resistance is lowest, also hastens ‘early old age.’

“These two factors, together with the accidental accompaniments of drink and flirtation, soon play havoc with the nervous system, resulting in years of trouble for her and for the future generation of which these girls are the potential mothers.”

This places in a nutshell the grave dangers which beset the dance-mad girl. The fashion of a girl dancing continuously with the same partner, too, is replete with moral dangers which need not be further dwelt upon. The girl seeking happiness in a whirl of pleasure is like the island of Delos, which had no anchorage but drifted about with every tide. But when Apollo was born on its shores Delos became fixed, and it was sacred evermore, filled with a deathless light.

This craze for dancing has resulted in one of the most unhygienic systems which could possibly be desired. The devotees of Terpsichore are so reluctant to spare a moment from her rites that they cannot even have a meal in peace. Hence the system by which one takes a turn or two around the room between the courses of a “dance-luncheon” or “dance-supper.” Dancing in itself is not a bad form of exercise; the only things against it are that it is practised in hot, ill-ventilated rooms and at unwholesome hours. But the attempt to combine eating and dancing cannot fail to have a disastrous effect upon the digestive organs. Consider what

happens during the digestion of a meal. The food, as nearly everybody knows in these times, undergoes the action of various digestive fluids, and this action is by no means simple. Indeed, the process of digestion is a most complicated one ; and on the proper digestion of our food depends our health and well-being. How very foolish to interfere with the process by taking more or less violent exercise while it is going on, and it must be remembered that chemical action begins on the food before it is even swallowed. Directly the food arrives, by way of the œsophagus, in the stomach, it stimulates the pouring out of the gastric juice. This is a fluid secretion, containing pepsin and hydrochloric acid, which plays an important part in digestion. A small quantity of soup, or *consommé*, will begin the flow of gastric juice, and this is the time when the stomach requires all its energies. Exercise, by drawing the blood away to the muscles, cannot fail to have an adverse effect. The person who joins in a fox-trot the moment after the last spoonful of soup has been swallowed, is interfering with the functions of the stomach at the moment when it requires the best energies of the body for its important work, on which every other function is totally dependent.

We have all seen these dance maniacs who must "take the floor" after each course. One medical investigator thought that *gentle* exercise after a meal aided the secretion of digestive juices and aided the movements of the stomach. The weight of opinion is against him ; but even he did not contemplate an age in which people could dance and dine simultaneously ! A process by which blood and nervous

energy are transferred to the muscles when all the available supply is wanted by the stomach in its vital employment must have injurious effects on the digestive processes.

A short period of rest both *before* and *after* a meal is necessary if the digestion is not to be interfered with. Both mental and bodily exercise should be eschewed half an hour before dinner and for an hour afterwards. The lower animals teach us a lesson by remaining in a state of quiescence for some time after a meal. It is essential that the person who has dined heartily should not rise immediately from the table and hurry away. A well-known doctor once said that the best employment after a heavy meal was frivolous conversation, which keeps the circulation active without making great demands upon the brain. There is no objection to a dance later in the evening when the digestive process is advanced. The customary session of the men after the women have left the dining-room, followed by a drive to the place where the dancing is to be held, supplies the necessary period of quiescence, and the dancers can then join in "the mazy" with a light heart and a sound digestion.

Even the old-fashioned dance-supper was not so deadly as the modern system of supping as you dance. One danced until the pangs of hunger began to make themselves felt; then adjourned to the supper-room. After supper one did not dash back to the ballroom, but allowed the food to settle down before resuming the exercises. The modern system can be defended on no grounds whatsoever. Even trained athletes allow a decent interval to elapse between luncheon and the resumption of

play. We do not see Mr. J. W. H. T. Douglas taking a plate of chicken and ham out to the wicket with him, or draining a bowl of turtle soup between runs !

The dinner, or supper-dance, will have its effect in due course in a plentiful crop of disordered digestions. And when the digestion is thoroughly upset it is a matter of time to put it right again. Nature will not be trifled with ; and Nature did not intend man to take his food and exercise at the same time. The bright lights, the music, the glittering glass and silver, and the flowers, are all aids to digestion, for they affect the senses pleasantly and have psychic effect upon the secretion of the gastric juice. But these good effects are all spoiled by the most unhygienic habit of dancing between courses. None of these dancers would think of going for a walk or giving a boxing display between courses !

The effects of a disorganized digestion are many and various. Sallow complexion, dull eyes, languor, depression, and intense irritability are only some of them. The girl who only lives for amusement feels what she would probably call "ghastly" or "rotten" ere setting out, and takes a cocktail or a whisky and soda in order to brighten herself up. In this way a disastrous habit is set up.

The modern girl seems to prefer "a good-for-nothing," who is agreeable to dance and converse with, to a man who would work for her and provide her with a home. There is an Italian proverb which runs, "Tanto buon che val niente"—meaning "So good that he is good-for-nothing." This is the type of man which the modern girl often admires, with disastrous results to her happiness, in many

cases. She seems to wish to live in a whirl of excitement, surrounded by bevvies of so-called " friends " of both sexes. The good old word " friend " has nowadays lost all meaning, and indicates simply a dance-hall acquaintance. Too often the pleasure-sick girl may reflect that we are commanded to forgive our *enemies*—not our *friends*. In this connection we may remark that women of the present day considerably resent the well-meant advice of real friends. They are of the opinion of Canning, who wrote :

" Give me the avowed, erect, the manly foe !
 Straight I may meet, perchance may turn his blow.
 But of all the plagues which Heaven in wrath may send,
 Save me, oh, save me from the candid friend."

But there remain many other absorbing and interesting amusements besides dancing. Sports and pastimes have been fully dealt with in the chapter concerned with exercise. Travelling, for those who can afford both the time and the means, is a delightful hobby, besides broadening the mind. Unfortunately, in this workaday world, only the very favourably situated can spend much time in seeing other countries, peoples, and customs. However, the most beautiful and interesting parts of the home country are within the reach of all ; and, with " See England First " for a slogan, much enjoyment may be obtained by the isle-bound traveller. Thrice happy is the woman with a taste for art, whether it be for music, painting, sculpture, or any other form ; she can always occupy herself pleasantly. Even if a woman is not gifted as an executant, she is never unhappy, lonely, or morbid so long as she can satisfy her love for the arts. There are so many concerts,

picture-shows and the like, nowadays, that no one need suffer at all from artistic starvation.

Closely allied with artistic pursuits is the pleasant pastime and educational occupation of collecting. Only great financial resources will enable one to collect Old Masters or "first editions"; but there are humbler domains in which the collector can with pleasure and profit meander. Some women like collecting theatre programmes, which in course of time represent an assembly recalling many pleasant memories. Coins, engravings, stamps, and butterflies—all have their devotees among collectors. Glass and pottery, pewter and silver, are particularly appropriate for a woman to collect; and some women are unwearied in their search for a new pot-lid to add to their collection! A wise American writer, in a book upon personal hygiene (Walter L. Pyle), says:

"Fads may be said to constitute a perfect mental anti-toxin for the poison generated by cerebral over-activity. It is not necessary that they should be at all expensive or involve a great amount of time. The brain-worker whose purse will permit of no greater drain than that which is involved in the fad of stamp-collecting on a small scale, has just as great a chance for nervous salvation as the person whose bank account warrants the acquisition of a museum of art treasures, and the writer feels confident that he has seen complete mental prostration averted in one instance by an overwrought young woman turning her attention to the study of the different weavers of Oriental rugs.

"Among other fads which are helpful may be mentioned the collection of book-plates, rare books (which are often not expensive, though pleasantly elusive), old china, and furniture and old prints. The list might be prolonged indefinitely, but it will suffice to say that many not here enumerated will be suggested by a study of the circumstances surrounding the individual case. To all this will

undoubtedly be objected the plea of lack of time. The answer to arguments formed upon such a flimsy basis is, that all time which is spent in preparing oneself as a candidate for a sanitarium, or, worse still, for a lunatic asylum, is like the proverbial edged-tool in the hands of children and fools."

Many women are fond of reading, but in not every instance is the taste well directed, and novels are too often chosen in preference to more wholesome mental food. Not that there is any harm in a good novel ; often it affords a valuable relaxation, turning the thoughts from the cares and worries of the day and so resting the tired brain. But the confirmed novel-reader can no more be tempted from her beloved romances than the drunkard from his glass, for with her it is like dram-drinking. This sort of novel-reader can get through six or seven volumes a week, and seldom remembers them from one day to the next. She has no discrimination, and accords equal treatment to a work by one of the great masters of literature and to a cheap newspaper serial story. In some cases, by continually dwelling upon the exciting scenes and thrilling situations devised and described by the novelist, the reader tires of her ordinary, commonplace existence, and tries to vary it by behaving like some of the characters she has read about in her favourite romances, and the result is very often sad domestic strife. We should be moderate in our reading, vary the stream of novels with occasional dips into history, biography, or travels, and read slowly, so that the full benefit may be derived from the reading. Some readers "gallop " through book after book at a quick rate, with the result that what they read speedily fades from the memory.

Some women are so happily constituted that they find their best relaxation in doing good to others. There are thousands of devoted women spending such time as can be spared from their household duties to the poor and the afflicted. These women always look cheerful and contented. It has to be admitted that in some cases this work is undertaken more in a spirit of interference with other people's lives than in one of real philanthropy. In other cases, perhaps, the motive may be found in the hope of standing well with the vicar or the curate. But in the vast majority, it is in a spirit of unselfishness that these duties, often unpleasant, are undertaken. While philanthropic efforts are to be applauded, some women devote an immoderate amount of time to them, while, perhaps, their own home is neglected. They would be better employed in feeding the hungry and ministering to the afflicted of their own household instead of leaving husband and children to the mercy of lazy and incompetent servants.

CHAPTER XV

NERVES AND THE WOMAN

“ Big fleas have little fleas
Upon their backs to bite 'em,
And little fleas have lesser fleas
And so ad infinitum.”

Swift.

PART of the price we pay for our manifold modern civilization is increased strain on the nerves. Hence the prevalence of nervous complaints in the present day, especially among women. It used to be thought that women were alone subject to nervous disorders—by the way, an idea that was sedulously cultivated by women themselves ; but everybody now recognizes that both sexes are subject to neurasthenia. The misery of nervous complaints is excessive, and instances are not few of highly strung women striving to escape from that misery by self-destruction. Women most subject to neurasthenia are the highly strung and sensitive. It has been said by employers that in business women are more exact and less inclined to “ slack ” and scamp their work than men. This may be correct, but many women are so conscientious and so anxious to have everything “ just so,” that they are apt to worry and fret about their

work. This is a mistake ; a firm habit of mind must be cultivated, and the woman who has the strength of will to put work and its worries firmly and resolutely out of her thoughts as soon as the office door closes in the evening, will retain a clear head and unruffled nerves. The same thing applies to the homekeeping woman who works herself into a fever of apprehension for fear that the fish may not arrive in time for dinner, and that the nursemaid who has wheeled out the baby in its perambulator is neglecting it. Let this woman cultivate optimism ; let her assure herself that the fish is certain to be delivered in time, and that the nurse is a good, conscientious girl who would never dream of neglecting the infant. This is very difficult with some women, who are born worriers ; but it can be achieved if perseverance and will-power are employed. As a contrast to this type we have the woman who ruins her nerves with reckless pleasure-seeking, and uses her home as an hotel. Late hours, constant excitement, lack of rest, rich food consumed at unsuitable times, and excess of stimulating drink, combine to render the *femme du monde* a nervous wreck. Alcohol and drugs are called in to soothe the jangled nerves and induce sleep, and the result is a complete nervous breakdown. Thus, by one of the oddest ironies of Fate, one finds that both work and pleasure may have the same effect.

One effect of overstrained nerves is the formation of a habit of " nagging," which always causes intense misery in the home.

The women subject to this form of weakness may be divided into two classes. One of these classes

consists of those detestable egotists whose desire to make themselves conspicuous leads them to a constant display of complaining ill-temper. These latter are fond of creating emotional crises, with the object of causing alarm and exciting pity among their family and friends. To do this they will deliberately make all kinds of accusations against innocent people and pose as deeply injured and badly treated women.

The other class is very different ; and their nagging habits may be traced to irritable and unstable nerves. These women require sympathy and help of a medical nature, though not, of course, that unthinking and maudlin sympathy which only serves to exaggerate the sense of grievance and make the condition worse. Such "sympathy" (so called) is worse than useless. In the class of women now under consideration the state of nerve irritation which exists sets up the habit of complaining, and the victim becomes a "nagger," almost involuntarily. With some people, any moderate impairment of the general health induces impatience, irritability, and that "jumpiness" which is popularly associated with an impaired nervous system. This condition may also be brought on by worry, anxiety, grief, and mental stress, as well as by over-work. Insufficient food, insufficient sleep, and insufficient oxygen must also be considered in this connection. The abuse of certain articles of diet—such as tea, coffee, and alcohol—also irritates the nerves and produces that state of mind in which "nagging" becomes a sort of relief. Insomnia is another source of nerve trouble, for sleep is most essential for the reconstruction of the nerve centres. If the insomnia is

obstinate, grave consequences are to be feared, and sleep must be induced by suitable means, in the last resort by hypnosis. The strain and stress of modern life as it is lived in these times, the incessant struggle to bring up a family respectably in an era of diminished incomes and high prices, the fear of the future, and the thousand and one anxieties and worries connected with the management of a household—all these tend to nerve trouble and irritability, which finds its vent in what we agree to call “nagging.” To nag is really a relief to the overstrained nerves, and should be regarded more as a symptom of disease than a vicious trait.

It is not fair to assume that the control of the nerves is altogether in a woman's own hands, and that by taking thought she can escape neurasthenia and all its sad consequences. While self-command and the exercise of will-power can do many marvelous things, yet nervous complaints are often induced by causes over which a woman has no control. They may be the consequence of shock or emotional disturbance, or of dangers narrowly escaped. The Great War of 1914-18 left behind it a sadly plentiful crop of nervous cases. Even while this book was being written (in June, 1923) an inquest was held on a London woman who had committed suicide; and it was stated in evidence that she had been sleepless and had suffered from “nerves” ever since the German aeroplanes and Zeppelins bombed London. An official report told us that “air-raid babies” in London County Council schools were notably neurotic, fidgety, and high-strung. Again, neurasthenia may be the legacy of some illness, such as typhoid fever or influenza. Women at the menopause are

apt to become neurotic, and of this we shall treat later on in this chapter.

We find, therefore, that a disturbed condition of the nerves, requiring treatment, may be the result of a silly woman's own fault, or may be due to circumstances outside her control. In the first-named case, improvement is of course impossible without the patient's own co-operation. Bad habits must be dropped, excesses abandoned, and a worrying disposition resolutely combated. While rest and freedom from worry are important in the treatment of nervous diseases, no less important is diet. This is, in fact, essential, for in these complaints the nerve cells are under-nourished, or are deficient in the power to transform nutriment into nerve force. It will be noticed that of late a number of patent "nerve foods" have been placed upon the market. In the glowing advertisements which fill column upon column of the papers, they are vaunted to be useful in "feeding" the nerves, and the proprietors are careful to differentiate them from mere "tonics." The wise physician will regulate carefully the diet of a neurasthenic woman, though the system of "feeding-up" advocated by some people is not the most advisable. In fact, it has now been established that over-feeding will have a deleterious effect on the nerves. In this way: a deranged state of the digestion brought on by overloading the digestive organs with food, causes toxic products to be absorbed into the system, and these lead to mental depression and neurasthenia. A well-known dietist says:

"When the stomach does not properly digest the food and the different organs are thereby not properly nourished

we get mental derangement and hypochondriasis that frequently culminates in insanity. An attack of indigestion, when the food ceases for a few days to nourish the system, often leads to depression of spirits, bordering upon profound melancholia."

This view is confirmed by Sir Lauder Brunton, who says :

" In many cases of nervous depression we find a weakness and prostration coming on during digestion and becoming so very marked about the second hour after a meal and must ascribe it to actual poisoning by digestive products absorbed into the circulation. The languor and faintness, of which so many patients complained, which occurred about eleven and four o'clock, was (*sic*) due to actual poisoning by the products of digestion of breakfast and lunch."

Sir Lauder also speaks of patients who complained that "they took all kinds of strengthening things and yet felt very weak," and remarks that they should have said that they felt very weak because they took all those strengthening things !

For restoring the starved nerves, the best dietary is a good, plain menu with plenty of fat. Fat is most important in the treatment, and, fortunately, there are many forms in which it may be easily assimilated. A rasher of fat bacon, nicely broiled, is tempting and savoury, and makes an excellent way of taking the important element. Eggs in any form are also a suitable food, as the nutriment in them is concentrated and easily digested. Plenty of good bread and butter, farinaceous puddings, fat meat (a well-grilled mutton chop makes a good lunch or dinner for the neurasthenic).

Nor should abundance of fresh fruit and green vegetables be left out of the daily dietary. In this connection it is most important to avoid the mistake made by many people, who only take fruit as a finish or adjunct to an already full meal. Apples and bananas contain not only nourishment but valuable salts ; the apple also has a content of phosphoric acid which is most valuable for the nerves. I am a firm believer in the virtues of fresh fruit and vegetables, though neither a fruitarian nor a vegetarian, but an advocate of a mixed diet. In neurasthenic cases especially, the flesh foods supply elements which cannot be obtained otherwise. In cases such as we are now considering, therefore, the diet should be selected from the following articles : eggs, any kind of fish, but especially oysters, crabs, and lobsters, fat mutton and beef, pork, ham, bacon, liver and sweetbreads, cheese, especially those of the creamy sorts, potatoes, onions, cauliflowers, peas or beans, puddings of the farinaceous kind, also the pastes such as macaroni, vermicelli, or spaghetti. Let plenty of good bread and butter be consumed with the other articles. Fruit, especially apples, oranges, bananas, and grapes, is a useful addition to the menu, as has been said. Thin women, such as are given to nagging, do not generally drink enough, so plenty of liquid should be given. The fruit juices, mixed with water, provide a pleasant means of assimilating the requisite amount of fluid. Lemon juice should be avoided, as it contains citric acid, which has a tendency to make people thin. Some silly girls suck lemons, to give their figures the fashionable slim outline !

Having advised as to what to eat, let us consider

what to avoid. Salted and preserved meats and fish, and anything indigestible should be excluded from the dietary.

Now as to the beverages permitted in cases of nervous diseases. Stimulants, such as tea or coffee, should be avoided. Cocoa, if it can be easily digested, is useful, as it contains a quantity of fat. If there is no tendency to alcoholism, and it is not a question of breaking off a habit, a little wine or beer with meals may be allowed, if the patient has been used to it.

So much for the diet in nervous cases ; but it is only a part of the treatment, though a vital one. Rest, fresh air, and exercise are important features. The patient should resolutely avoid worrying and disturbing thoughts, and strive to adopt an optimistic outlook upon life. The habit of overworking should be abandoned, and every advantage taken of rest and recreation. In this connection, it may be pointed out that the week-end holiday is an excellent institution, if it is really made a holiday, and not spent in rushing about in search of so-called pleasure. The mind must be kept occupied, as when it is idle a habit of brooding is formed. Says the poet :

“ Absence of occupation is not rest ;
A mind quite vacant is a mind distressed.”

The busy, professional woman—the artist, the writer, the doctor, the journalist—is too apt to try to make up for a week of strenuous work with a week-end of equally strenuous pleasure-seeking, which involves quite as much strain on the nerves. She would do better to find some quiet, restful spot,

and give herself up to simple, rural pleasures. If the patient can manage it, a long holiday with complete change of scene will do wonders for the racked nerves. A cycling or walking tour through the pleasant English country-side is an agreeable way of spending the leisure time ; the sea air does not agree with some nervous cases, so for these an inland holiday is the best. A boat, a camping outfit, and a leisurely exploration of the river have been known to provide a couple of weary business women with an enjoyable rest cure. If the idea of a camp is rejected on account of possible dogs, bulls, and tramps, accommodation can generally be had in the river-side towns and villages. Rowing is both a pleasant and a healthy exercise, and a producer of sound sleep, pleasant rest and refreshment to the jangled nerves. If the patient has not already done so, it might be advisable to join a golf club or a tennis club. Sunlight, exercise, and fresh air are excellent in combination with pleasant and congenial companionship. It is just as well, however, to practise the prime virtue of moderation, even in healthful sport. Let the exercise stop short of the fatigue point ; and, what is more, the winning or losing of a game should not have an exaggerated importance attached to it. Women of a "worrying" and neurotic tendency are exceedingly apt to play a set at tennis, for instance, as if the fate of European civilization depended upon the result. This leads inevitably to spoilt temper and irritability if the verdict is an adverse one, with no beneficial result to the nerves. Of indoor amusements, billiards, chess, and any not-too-exciting card game are recommended.

Suitable diet, change of air and scene, cheerful society, and healthful pastimes, are sovereign remedies for "nerves," but all treatment will be in vain if the patient persists in morbid introspection and brooding. This, it is true, is simply an outcome of the disordered state of the nerves, but they will never improve unless it is abandoned resolutely. A very good way of combating these nerve-shattering habits is to take up some philanthropic work, which brings the patient into contact with people worse off than herself. The contemplation of their troubles will make her own look small. A shrinking from society is sometimes noticed in the neurotic women ; they want to know "why people will not leave them alone," and display great irritability if they are intruded upon. Such women should not be left to their own company too much, however trying they may be, or a serious breakdown may result.

Dr. Herman, a recognized authority on the diseases of women, in his book on the subject, uses these words :

"Nervous women resist pain less, they brood more over their ailments, fear more for the future, and are less liable to judge calmly. Hence they feel more acutely ; they increase their local troubles by fixing attention on them ; they imagine they are going to have other diseases, and they are readily persuaded by unwise doctors to submit to protracted treatment, however disagreeable and unsuccessful it may be."

At the menopause, or "change of life," women suffer from disordered nerves, with irritability and depression. A woman should observe early hours

and lead a regular life, and, with care, the climacteric will be passed safely without any of those distressing breakdowns which sometimes accompany it.

CHAPTER XVI

THE NERVOUS CHILD

“ With my pistols at my side,
I would roam the prairies wide,
And to scalp the savage Indian in his wigwam would I
ride—
If I darst—but I daresent ! ”

Eugene Field.

HAVING considered the case of the neurasthenic woman, we may now discuss the nervous child. Many mothers know the trouble which nervous children give—their restlessness, irritability, and “ tempers.” It is agreed that the post-war child is more inclined to be high-strung and irritable and excitable than the child of the pre-war years, and perhaps this is not a matter for marvel. At any rate, the neurasthenic child is with us, and if future generations are not to suffer, will have to be dealt with seriously. The first step towards curing a nervous child is to gain its confidence ; and here an initial difficulty presents itself. This type of child is usually reticent and inclined to keep its troubles to itself ; its very sensitiveness causes it to shrink from confiding in an adult for fear of being laughed at, or called “ naughty ” or “ silly.” Some poor mites will suffer agonies of inexplicable terror

when left to sleep in the dark, rather than confess to their apprehensions. To bear these real terrors uncomplainingly night after night shows a certain amount of quiet courage ; for a cowardly child would certainly not consent to do so. Here we must differentiate between *nervousness* and *cowardice*. The phenomenon of fear in the child who has never known anything in its short life but love, care, and protection is a curious one. Their fears cannot come from experience, and it will often be found that children who have been carefully protected from hearing alarming stories or listening to conversations on subjects likely to horrify or disturb suffer from these night terrors quite as noticeably as others. Can it be that they are an inheritance from our savage ancestors ? Charles Lamb, himself of a neuro-pathic tendency, treated this subject very tenderly and sympathetically in one of his most celebrated essays. He says :

“ I was terribly alive to nervous terrors. The night-time, solitude and the dark, were my hell : I never laid my head on my pillow, I suppose, from the fourth to the eighth year of my life, without an assurance which realized its own prophecy of seeing some frightful spectre.”

He goes on to say :

“ Parents do not know what they do when they leave tender babes to go to sleep alone in the dark ! The feeling for a friendly arm, the hoping for a familiar voice, when they wake screaming and find none to soothe them—what a terrible thing it is for their poor nerves ! ”

It is perhaps unnecessary to remark that in some children night terrors are caused by indiscretions in diet. In these cases the child starts from his sleep

with a cry, his pupils are dilated, he is covered with perspiration, and for a while is quite delirious. Inquiry will show that a too-substantial meal has been consumed just before going to bed ; or perhaps there has been extra indulgence in cakes. A stricter supervision of the diet is generally all that is required in these cases, which may be differentiated from those in which the nervous disturbances have another origin.

One of the nervous symptoms which causes most trouble to mother and nurse is the phenomenon of what has been called "negativism," for want of a better word. Old-fashioned nurses would call it by the name of "contrariness" ; for the child displays a disposition to refuse to do what is required of him. He refuses to take some proffered article of food simply because he knows that his mother is anxious for him to eat it. If it is suggested that he should sail his boat on the Round Pond, he prefers to stay at home with his bricks ; but an injunction to amuse himself in the nursery with his bricks will instantly confirm him in a resolve to go to the Round Pond and sail his boat. Many a harassed mother is familiar with this symptom ; but threats and punishments are useless, and may even bring on alarming crises. Another trait in the nervous child is the desire to "show off." This springs from the sense of inferiority which oppresses a small and immature being in a world peopled with large, mature persons. This sense of inferiority oppresses children inclined to be neurasthenic more than we know, and causes feelings of revolt which have some curious and unexpected outlets. The child who is inclined to tyrannize over its playmates is really not a bully, but is

unconsciously trying to escape from the inferiority complex which it resents. Bragging and lying are the faults of nervous children who are lacking in self-confidence. The truly self-confident child does not feel the need of boasting ; and the small boy who tells you that he killed a big bear in Kensington Gardens is trying to reassure himself as to his own bravery and prowess, as well as to impress his adult hearers.

Nervous children are seldom dull ; in fact, they are more apt to be mentally bright. School medical officers have testified that post-war children, besides being neurotic and highly strung, are quicker and more intelligent than pre-war pupils. They talk rapidly and with marked intelligence, and stammering may be noticed in some cases. As a set-off to this improved intelligence, the children lack stability and the power of concentration. They tire quickly, and easily change from one pursuit to another. Soon losing enthusiasm, they acknowledge themselves "fed up" very quickly with some game or book which at first seemed to interest them. Fatigue and headache are frequently complained of, and the appetite is capricious and variable. In some cases vomiting of nervous origin is frequent, generally occurring after breakfast, and "bilious attacks" with considerable nausea and prostration are of occurrence at intervals. These children are easily excited, when the pulse beats rapidly, and there is trembling of the limbs ; and they readily give way to either tears or laughter. They are, in the homely phrase, "soon up and soon down," and the change from depression to tranquillity or vice versa will be made with extraordinary rapidity and for no apparent reason. A habit of

readily blushing is often noticed, and the hands and feet are cold. The neuropathic child sleeps badly and is usually awake long after the normal child is sound asleep. The little child who, reproved for staying awake instead of "going to sleep, like a good girl," replied that she found it impossible to "make her mind lie down," was a good example of the neurotic, highly strung modern child, with the quick perceptions and the active brain.

How are we to treat the nervous child? Let it be said at once that medicine is all but useless, save that a general tonic may be of use and will do no harm. Sedatives are better avoided. It is well to let the nervous child associate as much as possible with normal children of the same age, though it should be always remembered that any mental or physical strain which these children bear without apparent effort may be too much for them. For this reason they should not be kept too long at one occupation, either play or work. It would be a mistake to allow the child to receive lessons at home, but the school hours must be adjusted to his capacity for effort. The nervous child is generally quick at his lessons, but is apt to expend himself too much, with consequent fatigue amounting to exhaustion. It is dangerous to allow the neuropathic child to become either mentally or physically exhausted; and he is apt to try to do too much if not carefully supervised both at work and play. It would be as well to allow frequent short intervals of rest, and a day in bed now and then, with light diet, and some non-exciting books to read, may be of service. Such pleasures as theatres and parties should be indulged in but sparingly, for the highly strung, unstable child is

apt to become too violently excited, and this may affect him in various ways. It is not unusual for a nervous child to be so affected by the prospect of a visit to the circus or the kinema, as to be violently sick. Then the parent or guardian not unnaturally decides that he is too poorly to go, and the wretched child misses the eagerly expected treat.

Much good may be done in cases of neurasthenic children by removal to the country ; it will be noticed that most of the children thus affected are town dwellers. The change of scene and outdoor exercise in the purer air of the hills and fields may do wonders for the unhappy little victim of the modern disease of " nerves." The diet should be plain and nutritious, and all stimulants, such as tea or coffee, absolutely forbidden. It is as well, too, to keep the ration of butcher's meat down to meagre proportions and give plenty of fruit and vegetables. Cold baths, including the cold shower, are useful, and, in some cases, the cold douche or cold pack may be used. Gymnastics and drill are good lines of treatment, inculcating as they do quickness in action, resistance to fatigue, obedience and courage. The tone of the body may also be improved by massage, and this will be seen to react upon the nervous condition. Of course, the drill or the gymnastic exercises would be interspersed with short intervals of rest, and it is important to teach the nervous child to stand and sit properly, as he is apt to fall into slack and slouching postures if not watched and corrected. The prevalence of the dancing habit, though it may seem at first sight extravagant to say so, may be a boon to the parents of the neurasthenic child. Dancing as an exercise is beneficial to all the muscles of

the body ; poise and a pleasing bearing is inculcated ; and, moreover, mixing with other boys and girls cannot fail to do good. Needless to say, while regular attendance at dancing class will do enormous good, a constant succession of parties will soon undo all the good that has been done.

To scold or threaten a nervous child is worse than useless, and may be the cause of another permanent nervous wreck being thrust upon the world. Children have a keener sense of justice than we think, and when they feel they are the impotent victims of injustice, cruelty, and oppression, their thoughts are apt to turn to revenge, and criminal instincts, even, may be developed.

Fresh air, good food, plenty of exercise, drill, gymnastics, cold baths followed by a brisk rub down with a rough towel—above all, kindness, understanding, and sympathy, which never degenerate into petting, “spoiling,” and coddling, are what the neuropathic child requires if he is to turn out a healthy sturdy citizen, and of some use in the Empire.

CHAPTER XVII

WOMAN AND HER EMOTIONS

“ Now, though your body be mis-shapen, blind,
Lame, feverish, lacking substance, power or skill,
Certain it is that men can school the mind
To school the sickest body to her will.
. . . Be fit, be fit! In mind at first be fit! ”

Rudyard Kipling.

WOMEN, being more emotionally unstable than men, are more in need of the virtue of self-control if they are to live happy lives and prolong their days. There are certain types of women who deliberately give way to their emotions, and, in order to do so, will often invent some wholly imaginary grievance. But this chapter proposes to deal with the woman whose emotions are genuine enough, but who lacks the self-command which is necessary if our feelings are not to become our masters, instead of we theirs.

Few people realize the intimate connection between the emotions and the body, though some of the symptoms, of course, are familiar to us all, e.g. in a fit of anger the mouth becomes dry, the tongue unmanageable, causing stammering and incoherency, the heart beats faster, the knees tremble, the breathing is quicker, the muscles become tense—in fact,

the whole system feels the effects of the fit. These are the surface symptoms, but anger, like every other emotion, causes degenerative changes in the internal organs, especially in the bladder and intestines. Moreover, where there is any thickening of the arteries, there is increased blood-pressure, and this may lead to apoplexy. There are several well-authenticated cases of people falling dead in an access of anger.

Professor Elmer Gates says :

“ My experiments show that irascible, malevolent and depressing emotions generate in the system injurious compounds, some of which are extremely poisonous, also that agreeable happy emotions generate chemical compounds of nutritious value which stimulate the cells to manufacture energy. . . . If an evil emotion is dominant, then during that period the respiration contains volatile poisons which are expelled through the mouth and are characteristic of these emotions.”

Few people realize that depression and other emotions can actually cause chemical changes in the body. Strong emotions, such as rage and fear, stimulate to an extraordinary degree the adrenal glands which send into the blood an additional supply of adrenin. They will also cause the liver, which is the body's storehouse of sugar, to release an increased supply of sugar, thus energizing the muscles. The heart is also affected by emotions ; for instance, fear increases the number of heart-beats per minute. Various states of mind will alter the actual chemical condition of the blood, as well as set it coursing rapidly through the veins.

Grief, if given way to, will cause changes in the gastric and pancreatic secretions, hence the loss of

appetite and sickness from which women who have had bad news almost invariably suffer. So great an effect has doleful tidings on the intestinal tract that serious illness has resulted when grief-stricken people have attempted to make a meal. This is often done on the advice of well-meaning friends, who counsel the sufferer that she must eat to "keep her strength up"! They do not realize that the loss of appetite is a signal that the frame is not in a fit condition to be loaded with food. Grief also produces dilatation of the heart or weakening of its action, thus interfering with the due supply of blood to the brain. In extreme cases, great grief has affected the heart to such an extent that death has ensued, so that the poetic expression "dying of a broken heart" has some scientific justification. Another source of ill-health is the habit into which some women, especially those who are nervous and melancholic, fall of giving way to apprehension and morbid fears. They may be apprehensive about themselves, imagining that they have within them seeds of some dire disease as cancer or tuberculosis. Or they may fear something disagreeable happening to husband or children. Constant dwelling on these prospects induces, more or less speedily, melancholia and hypochondriasis. There have been cases of morbid-minded people who have put an end to their own existence under the mistaken impression that there was something serious the matter with them. The longer the mind is allowed to dwell upon these morbid ideas, the more fixed, and the more difficult to shake off, they become. This kind of morbid anxiety, if long indulged in, can actually produce degeneration in the bodily tissues. Dr. Arnold Lorand quotes cases in which

fear and anxiety brought on diabetes ; and it is well known that these emotions have a direct action upon the organs of elimination. Premature senility and even death can be caused by giving way to depression, for with persons in that state, resistance against infection is lowered. We thus see that such emotions as grief, anger, and anxiety can directly affect the bodily functions and cause degenerative changes in the tissues.

An American scientist carried out some curious experiments the results of which, according to his published accounts, went far to prove the effect of emotions on the body. He says :

“ When the breath of a patient was passed through a tube cooled with ice so as to condense the volatile qualities of the respiration, the iodide of rhodopsin mingled with these condensed products, produced no observable precipitate. But within five minutes of the patient becoming angry, there appeared a brownish precipitate which indicated the presence of a chemical compound caused by the emotion. This compound, extracted and administered to men and animals, caused stimulation and excitement. Extreme sorrow, such as mourning for the loss of a child recently deceased, produced a grey precipitate ; remorse, a pink precipitate, and so on.”

In order to avoid depression and all the morbid conditions which it brings in its train, it is necessary to fix the mind on cheerful subjects. St. Paul was ministering to the body as well as to the mind when he said :

“ Whatsoever things are true, whatsoever things are honest, just, pure, lovely, and of good report : if there be any virtue and if there be any praise, think on these things.”

When grief and depression have invaded the mind,

it is not easy to remain cheerful, but it can be accomplished by the use of a little will-power. Fear and anxiety can also be conquered. A layman, Mr. J. M. Hickson, has some suggestive remarks on fear in one of his works. He writes as follows :

“ We have very seldom reflected upon the fact that fear runs like a baleful thread through the whole web of our lives from beginning to end. We are born into the atmosphere of fear and dread, and the mother who bore us has lived in the same atmosphere for weeks and months before we were born. We are surrounded in infancy and childhood by clouds of fear and apprehension on the part of our parents, nurses, and friends. As we advance in life, we become instinctively, or by experience, afraid of almost everything. We are afraid of our parents, afraid of our teachers, afraid of our playmates, afraid of ghosts, afraid of rules and regulations and punishments, afraid of the doctor, the dentist, the surgeon. Our adult life is a state of chronic anxiety which is fear in a milder form. We are afraid of failure in business, afraid of disappointments and mistakes, afraid of enemies, open or concealed ; afraid of poverty, afraid of public opinion, afraid of accidents, of sickness, of death, and unhappiness after death. Man is like a haunted animal, from the cradle to the grave, the victim of real or imaginary fears, not only his own, but those reflected upon him from the self-deceptions, sensory illusions, false beliefs and concrete errors of the whole human race, past and present.

“ Fear not only affects the mind and the nervous and muscular tissues, but the molecular chemical transformations of the organic network, even to the skin, the hair and the teeth. This might be expected of a passion that disturbs the whole mind, which is represented or externalized in the whole body.

“ How does fear operate upon the body to produce sickness ? By paralysing the nerve centres, especially those of the vasomotor nerves, thus producing not only muscular relaxation, but capillary congestions of all kinds. This condition of the system invites attack and there is no

resilience or power of resistance. The gates of the citadel have been opened from within and the enemy may enter at any point."

I have quoted this author at some length because his description of the effects of fear on the body is very striking. But, when everybody knows that people can go mad with fear, become ill with grief, and drop dead in a fit of passion, that the emotions have potent influence over the body is apparent to the lowest mental capacity. Fear, to which women are prone, is very greatly beyond the control of the will. One cannot give a person courage, any more than one can give her a talent for painting pictures or composing music. Timid people can, to a certain extent, control their apprehensions, however, by undergoing a course of self-discipline. Running away—either literally or metaphorically—from danger only increases the terror, but with standing and facing it the courage automatically rises. This writer knew a woman who allowed nervous fears to prey upon her mind to such an extent that at last she was actually afraid to open a letter in a strange handwriting, lest it should contain some disagreeable news. If she had forced herself to open her letters at once, she would gradually have conquered these fears. "Whistling to keep one's courage up," is more than a jocular expression; it contains a literal fact. The boy who whistles as he passes the haunted house at night actually feels more courageous, through auto-suggestion. Many women are afraid of the future; they should remember the homely saying that most of one's troubles never happen. The Scottish novelist and divine, Ian Maclaren, in one of his books, laid down that anxiety does not empty

to-morrow of its sorrow, but empties to-day of its strength. It does not make you escape the evil ; it makes you unfit to cope with it when it comes.

It is known that grief and depression actually shorten life. On the other hand, resolution not to give way under the inevitable cares which accompany us from the nursery to the cemetery, will prolong it. Many centenarians, when questioned by the inevitable reporter, have attributed their length of days to, among other things, a cheerful and contented disposition. A woman who is very prone to become anxious without cause is the busy housewife. A husband and family to look after, and a domestic staff to control, meals to plan and entertainments to arrange, make up between them a multiplicity of detail which is undoubtedly very trying. The more conscientious and "house-proud" the wife and mother is, the more prone to anxiety she becomes. The best remedy is to have self-confidence, and to assure oneself that there is no difficulty about house-keeping, and that a properly organized household will automatically proceed smoothly and well. Another type of woman who is prone to the habit of life-shortening anxiety is the woman with social aspirations, the "climber," as she is colloquially known. This is the ambitious type who lies awake at night debating with herself over the problems as to whether she will receive a card for Mrs. So-and-So's At Home, or as to how she can induce Mrs. Somebody-Else to attend her garden-party. To the social philosopher these are trivial questions, but to the climber they are very real and important. The busy professional woman is as prone to anxiety as the housewife and the hostess, but in a different

degree. Her work obsesses her, and fear of rivalry and successful competition, and forebodings as to the future, combine to prey upon her nerves. This type of woman, in her determination not to be ousted by competitors, is apt to overwork, and this is a great mistake. Work that is done when one is fatigued is useless in itself, and has actually injured the producer of it. It is very hard sometimes to take a rest when one is thoroughly interested in the task before one, but too much energy is used up when work is continued after the point is reached at which fatigue sets in. To know when to rest is one of the great secrets of good health and long life. Ambition is a good thing in strict moderation ; a woman without any ambition leads a very limited life, even if her ambition is but to have a tidier house or cleaner children than her neighbours. But an over-ambitious woman wears out very quickly, when the determination to excel dominates, and leads to too much being attempted.

It is useless to attempt to cure a state of mind by medicine save that when a run-down or overworked condition is responsible for the trouble, a general tonic may do good and cannot do any harm. The bodily health must be attended to generally, and though it is a weary task to "minister to a mind diseased," judicious changes in the diet and general surroundings may work beneficially when over-anxiety or deep grief are exercising their sinister influence. Different air and a different scene are to be recommended in these cases, but the really effective remedies are within the sole control of the patient herself. Much can be done by resolutely forcing the mind to run in healthy channels. We should refuse

to allow ourselves to dwell upon a grievance, but, instead, let us try to think of something pleasanter. Let us dwell upon benefits received, not injuries, and consider successes achieved rather than the inevitable failures which come to all who strive. Anxiety and apprehension may be overcome by determination not to admit the possibility of things going wrong. While it is fatuous to dwell in a fool's paradise, optimism is wholesome ; and here the science of self-suggestion may be of very real help. It is a mistake to say " I *will* succeed " because that implies effort ; it is better to say " I am going to succeed ; without doubt I am going to succeed." This will create the necessary atmosphere of confidence in oneself and one's destiny. All conspicuously successful men have believed in themselves, and the person with the will to conquer is half a conqueror already.

CHAPTER XVIII

THE WORRYING WOMAN

“ How poor are they that have not patience.”

Shakespeare.

WE are sometimes told that women have “ a worrying disposition ” when they really have a worrying stomach. It may seem very prosaic to say so, but medical men have to deal with realities and not with fancies. Many a woman would have a brighter and more cheerful outlook on life and be far happier in herself and a comfort to her family if her health were properly looked after. A worrying woman is usually a sick woman. Contrast the cheerful woman with the woman who has given way to worry and ideas of the pessimistic type. Mrs. Joy has cheeks in which the roses of health blossom, her eyes sparkle, her step is light and free. Her merry laugh is as good as medicine to any company into which she goes, and she does not know what depression means. From this we deduce that her blood circulates properly and that her liver and all her internal organs are functioning in a natural manner. Mrs. Gloom, on the other hand, has a sallow complexion and dull eyes, her lips are pallid and she drags her steps as she walks. Lines of discontent and worry make her look older than her

real age, and the corners of her mouth are turned down in a permanently peevish manner. She is full of gloomy forebodings, and constantly avers that nothing can go right in the worst of all possible worlds. From this we deduce that she is in need of medical attention, for there is something wrong with her health. This must be put right before she can take a cheerful view of life and its responsibilities, and cease to inflict her sinister notions upon her family and friends.

Chronic indigestion, or dyspepsia, is responsible for a good deal of pessimism. It is generally brought on by eating the wrong kinds of foods, or by "bolt-ing" the meals instead of spending a proper amount of time over them, or by imperfect mastication owing to defective teeth. Many a woman would be better and happier if her teeth were properly looked after, for unless the food is sufficiently masticated, stomach troubles are bound to ensue, and then farewell to happiness! I am afraid that a good many women do not know how to eat. They fill their stomachs with bread and butter and quantities of tea, and then wonder why they do not feel fit. They eat large quantities of cakes, pastry, and sweets, instead of proper, sensible, well-balanced meals, and, again, they are fond of snacks and "stays" at odd times, than which nothing could be more pernicious. There is nothing against missing an occasional meal, for it gives the stomach and other organs a needed rest, but irregularity in eating is to be uncompromisingly condemned. Many women say that they cannot rise until they have had their early cup of tea, which is a pernicious institution, and one that should be abolished. A glass of water, hot or cold, or the juice

of an orange or a lemon in water, would be far better and more beneficial as an early-morning beverage. During the day, the average woman's meals consist of far too many starchy foods—bread, cakes, pastry, pies, and puddings—and not enough vegetables and fruits. Add to this her habit of swilling hot tea on every possible and impossible occasion, and then, if you can, wonder that she is afflicted with dyspepsia, and stomach and digestive troubles generally !

When a woman has thoroughly upset her digestion by the courses which have been indicated, it is always a long and tedious task to bring the ill-used digestive tract back to the normal again. A step on the way is to establish regularity. Meals should be taken at stated times, and those times rigidly adhered to. It is also very important that intervals of a proper length be observed : the meal-times must not be too close together. It is a good plan to allow five or six hours for the digestion of each meal. Three meals a day, and “ no snacks ” in between, should be the rule for the dyspeptic woman ; and I should rather prefer two only—one at midday and one in the early evening. There are many well-authenticated cases in which the omission of the conventional breakfast has been of the very greatest service in relieving dyspepsia. The Rev. George Pentecost, an American clergyman, thus testifies to the benefits of going without breakfast.

“ I have not had the first suggestion of a sick headache since I gave up my breakfast. From my earliest boyhood I do not remember ever having gone a whole month without being down with one of these attacks. . . . I have gradually lost a large proportion of my surplus fat, my weight has

gone down twenty pounds ; my size being reduced by several inches at the point where corpulency was the most prominent. . . . I experience no fulness and unpleasantness after eating, as I so often did before. I am conscious of better digestion, my food does not lie so long in my stomach and that useful organ seems to have gone out of the gas-producing business."

And now the question is : What shall the dyspeptic woman eat at her meals ? It were better to indicate at once what she shall avoid. She must pass, for her own benefit, a self-denying ordinance which shall rule out such flesh foods as veal, pork, ham, bacon, goose, duck, liver, and kidneys. The favourite pastries must be forgone, and with them must go such adjuncts to the festive tea-table as hot buttered toast, buttered crumpets and muffins or tea-cakes, and all the fancy pastries and so on which make the table look so tempting. Dried, spiced, pickled, and salted meats or fish are anathema to the dyspeptic, so are crabs, lobsters, and shellfish generally, and most of the cheeses. Any food fried in fat is to be avoided like the plague. New bread should never be eaten ; it forms in the mouth a tough, putty-like mass, which resists the action of the secretions. We will now consider what the dyspeptic should eat. She may be allowed white fish, such as sole, plaice, or whiting, but without the thick sauce with which cook loves to coat them. Mutton is better for the dyspeptic than beef, and chicken, pheasant, or rabbit may be taken. Tripe and sweetbreads are light and easily digested ; and any potatoes taken at the meal should be well mashed, and such vegetables as cabbage, kale, cauliflower, and brussels sprouts should be well cooked and then rubbed through a sieve.

Stewed fruit, such as apples, pears, plums, and prunes, are always useful.

Too much stress cannot be laid on the importance of thorough mastication. Remember the case of the famous Horace Fletcher, the inventor of "Fletcherism," about which he wrote several interesting books. He was an American business man, who all his life had ill-used his poor, unfortunate digestive tract by eating too fast. While he was away on a business trip, he had some time to wait between interviews, and used to while away the hours by spending a much longer time than usual over his lunch and dinner. He was greatly surprised by what he noticed after he had pursued this course for some time. His food agreed with him better, and he lost the unpleasant symptoms which had aforesaid followed every meal. He was so impressed by his discovery that he made a cult of "Fletcherism," and it became the rage in the United States for quite a considerable time. But the whole of Mr. Fletcher's wisdom can be summed up in the distich which our grandmothers used to repeat :

" Learn to eat slow ; all other graces
Will follow in their proper places."

Dyspepsia is a fruitful source of worry, but there are of course other causes which tend to gloom and discontent in womankind. "Almost equally as injurious," says a well-known authority, "as grief and sorrow is worry, by which the sleep is disturbed, the equanimity destroyed, and the joyful performance of the daily work and duties rendered impossible. The habit of some persons to make worries ought to be counteracted from an early period by all possible

means." This is only too true, as anybody who has ever had to live in the same house with a worrying woman can testify from experience. A great deal of woman's worrying comes from the nerves. There may be a hereditary tendency to disease of the nerves, and neurasthenia may also come as a sequel to typhoid fever, influenza, and other complaints. There is a definite nervous complaint known as hypochondria, in which the chief symptoms are fear of ill-health, and an abnormal tendency to attach undue importance to trifles and to worry over them to an extraordinary extent. Other symptoms are headache, a feeling of oppression on the top of the head, vertigo or giddiness, and loss of memory.

In these cases, drugs are of little or no use. The treatment must be mainly moral. The worrying woman must be "taken out of herself," as the saying is. Change of air and scene will work wonders in many a case, and a morbid-minded, worrying woman will return from a heathfully spent holiday in a very different frame of mind from that in which she set out. If a holiday is impracticable, let the worrying woman get out into the open air as much as possible. There is nothing like the air of heath or common for blowing away the cobwebs. Nowadays, when transportation is so easy, swift and cheap, there is no excuse for remaining in one spot all the time. Perhaps you will hear the worrying woman say, "Oh, when I have finished my day's work, I do not feel equal to the fag of dressing and going out." This is but a symptom of the nervous condition. Let her force herself to go out, and the effort will get easier every time. A good farce or comedy will often do good, or a visit to the kinema when Charlie Chaplin is on

the screen. If circumstances are favourable, let the worrying woman join a tennis club or a golf club, or some body which makes a speciality of country walks and rambles. Fresh air and exercise are sovereign remedies for the "blues." And it should never be forgotten that the effects of worry are cumulative. A woman gets into a low state of health and begins to worry. The worry further debilitates nerves and brain, and thus a vicious circle is formed. A cheerful philosopher once wrote :

" If we wait until we conquer all our difficulties, ease and merriment will never come. Laugh and be glad now ! The troubles which look like towering rocks ahead will vanish like soap-bubbles or mist as we approach them. If we let an avalanche of trouble bury us, we have none but ourselves to blame. . . . If you must indulge in fancies weave them in bright colours rather than in the sombre hues of night. I find the gayest castles in the air that were ever piled, far better for comfort and use than the dungeons in the air that are daily dug and cavered out by grumbling and discontented people."

The chief worries of life never happen !

CHAPTER XIX

INSOMNIA AND NATURAL SLEEP

“ A good conscience is the best narcotic.”

SOUND, refreshing sleep is one of Nature's chiefest boons. The function of sleep in the healthy subject is well known ; it carries off the products of fatigue, and these products cause the condition, as is self-evident. Some authorities have gone so far as to call sleep a condition of auto-intoxication or self-poisoning. During sleep, not only are the toxins, which have accumulated during our waking hours, carried off by the blood, but the nerve cells are re-charged with energy. It is thus that a healthy woman, awaking from a night's sound sleep, feels full of vitality and ready to face anything that the day may bring forth. No woman who deprives herself, or is deprived by circumstances, of her proper allowance of sleep can look or feel well. A person can live for a month without food, but dies in a few days if no sleep is produced. The Chinese used to torture great criminals to death simply by keeping them continually awake. After a few days of suffering the victim succumbed. Many people in these over-civilized days act as their own executioners in the matter of sleep. Keeping late hours, breathing vitiated air, exciting the brain and wearing out the

nerves by constant pursuit of so-called "pleasure," eating the wrong things, eating at the wrong times—all these will drive away sound, refreshing sleep, and with sleep will go health, looks, and happiness. Very often insomnia is caused by grief, anxiety, or worry, and then it is almost impossible to treat it until grief is assuaged and the causes of anxiety or worry removed. In very obstinate cases of this kind, when sleep actually refuses to come, a physician may prescribe a harmless opiate, but ordinary cases of sleeplessness may be cured by a little attention to the personal hygiene.

There is, for instance, the important question of food. It is the foolish practice of some people to indulge in late suppers, and to go to bed almost immediately afterwards. With all the organs of digestion busily at work, coping with the meal just ingested, sleep is bound to be disturbed. Really sound, refreshing sleep can only be obtained when the organs are quiescent, and not active and sending messages to the brain. It is true that one may feel sleepy after a good meal, but that is because the blood is drawn away from the brain to the stomach, and it does not follow that refreshing sleep may be induced while the processes of digestion are going on. The too-frequent glutton who gorges himself with Sunday dinner and then goes to sleep in the afternoon, does not awake refreshed and alert, but heavy, querulous, and irritable. This in itself is enough to prove that going to bed immediately after a heavy meal is unhygienic. We find, therefore, that as the ordinary processes of digestion occupy about four hours, the last meal of the day should be taken at about 7 or 7.30. By bed-time, digestion will be

nearly completed. The kind of food to be taken at the evening meal must also be considered, and it is not advisable to eat freely of beans, peas, or potatoes, for these are liable to cause flatulence, which is a great sleep-preventer. Some medical men advise very little meat at dinner or supper—whichever is the last meal of the day—but this is a matter for a woman herself to decide. The personal idiosyncrasy differs so much that it is impossible to lay down any hard-and-fast rules. One woman may eat meat, game, and the usual accessories at dinner and be happy and healthy on it, while a slice of white fish is all another woman dare take at the evening meal.

We may note in passing that constipation is a common factor in disturbed sleep. Some women find that sleep will not come if the stomach is empty, so in these cases we may allow a cup of cocoa and a biscuit before going to bed, or some similar light meal. The aged may be permitted the soothing “night-cap” of whisky, hot or cold. Not more than a couple of tablespoonfuls of the spirit should be taken. While, as noted above, certain articles of food are prejudicial to a soothing night’s rest, others may promote it. Among these are lettuces or onions. A homely but excellent remedy for insomnia is a boiled Spanish onion just before going to bed. A little gravy or sauce will make the vegetable more enticing and palatable. A more luxurious way is to remove the core of a large Spanish onion and insert a kidney in the cavity. The vegetable is then baked, and when the process of cooking is completed the kidney, which by that time is dry and tasteless, is thrown away or given to the dog! Its juices and

flavour have entered into the onion, which thus becomes a dish fit for a king. By reason of the hops used in brewing, ale or stout are excellent sleep-inducers. It is a great mistake to take tea or coffee—as some foolish people do—in the evening, as they excite the brain and nerves. Even alcoholic drinks would be better ! Which brings us to the question of these beverages in relation to sleep and sleeplessness. It is well known that alcohol is a stimulant in small doses, and a narcotic in large ones. The heavy sleep, almost stupor, of the drunken person, is familiar. There is also, at the other end of the scale, the sleeplessness of the chronic alcoholic whose shattered nerves keep him awake. This condition is often a prelude to an attack of delirium tremens ; but its consideration need not detain us, as it is not within the scope of the present work. To take large doses of spirits in order to induce sleep is one of the greatest mistakes which a woman can make. As the system becomes more tolerant of the alcohol, larger and even larger doses are required to produce the desired effect, and a deleterious habit is thus formed which may lead to an abyss of shame and degradation. Often in cases of this kind, when the whisky, brandy, or wine, fails in its effect, recourse is had to drugs, and then the descent to the abyss becomes a headlong one.

While proper attention to the diet will do much in combating insomnia, there are other weapons with which it may be fought. One of them is exercise. A woman who, as so many do, spends most of her day and all her evening indoors cannot expect to sleep well. Too many girls who are at business all day spend the evening dancing, thus exchanging the vitiated atmosphere of a City office for the equally

unhealthy one of a ballroom. This is a great mistake, and exercise in the open air would be far better in every way. On the long summer evenings it is quite possible to play tennis for a considerable time, or a pull on the river will provide the necessary fresh air and bodily exercise. In the colder weather a brisk walk will have the desired effect. Infirm and elderly women could, when practicable, take a drive with a similar object. It is well known that fresh air is an excellent sleep-inducer; one often hears people at the seaside remark that the air makes them sleepy, and the same is true of heights. Even at such a moderate elevation as that of Hampstead Heath a brisk walk has produced satisfactory results in cases where sleep has been difficult to woo. Driving swiftly through the fresh air, as has been noted, is useful in cases of insomnia. Sometimes, at night, a belated pedestrian in the country roads around London has seen a carriage dash past him, with a solitary figure in it. The figure has been that of Lord Rosebery, ex-Premier of Great Britain, a lifelong victim of insomnia. Some sufferers prefer a motor-car because of the greater current of air. If exercise is indulged in till the person is pleasantly tired without being over-fatigued, and then a hot bath is taken just before going to bed, all other things being equal, a sound, refreshing night's sleep ought to result.

We now approach the most difficult part of the problem. Regulation of diet and exercise is easy; but those great robbers of sleep, the thoughts, are not so easily kept under control. We try to drive them from our pillow, but, alas, we find them return again and again. Business problems, domestic worries, love troubles—they perch upon the bed-

post like malignant imps, and by their busy whisperings keep us broad awake when the tired mind and weary body are craving for rest. When the brain is active, sleep is impossible, because of the volume of blood circulating through the brain. The only remedy is to call to our aid any will-power we may have, and resolutely refuse to think exciting and disturbing thoughts. It is a good plan to avoid all arguments or discussions, especially if they are likely to lead to bad feeling, before going to bed. Of course, all mental work must be put away at least a couple of hours before we retire for the night. In an emergency it is inevitable that work should be continued up to bed-time ; but a complete nervous breakdown is awaiting the woman who makes a practice of this kind of proceeding. Creative work as that of a novelist or composer is especially sleep-dispelling. Married people who argue and quarrel after retiring are simply inviting insomnia. The bedroom should be a large one and unheated ; it should preferably be the largest room in the house, but as people prefer to keep their finest apartments for show purposes this is seldom the case. The object of having a large bedroom is that the air is not so liable to become oppressive as in a small one. Absence of light and noise are conducive to sleep, though a constant noise to which one is used will make no difference. A person who took rooms quite near to a big railway terminus was disturbed very much during the first two nights by the noises made by the trains, but by the third night he had become used to the continual disturbance and slept quite well.

Leaving the question of sleeplessness, let us now

consider sleep generally. Too much sleep is as deleterious as too little, for it exhausts the energy and shortens life. It also causes degeneration of the small arteries of the brain, and may thus even bring on loss of mental power. Sir John Sinclair is responsible for the statement that nothing was more injurious than too much sleep, for from the slowness of the circulation which it occasions there follows great corpulency and a tendency to dropsy and other disorders, with the danger of apoplexy. It also diminishes the nervous energy. Medical men have recorded cases of obesity in which the patients went off to sleep on any occasion. One was actually found asleep at table in the middle of dinner at his club.

It is generally conceded that women require more sleep than men. Schoolgirls and growing girls generally should have plenty of sleep; while for a matured woman seven hours is a normal ration, making allowances for the personal idiosyncrasy. Some women are satisfied with less sleep than others, and a deep sleep refreshes more in a shorter time than a light one. She who, in the popular phrase, "sleeps like a top" does not want as much time in bed as the woman whose rest is light and disturbed. The sleep that is obtained before midnight is the best; and women who turn night into day soon lose their looks and are prematurely aged. The old distich about "early to bed and early to rise" was made by Benjamin Franklin, who himself died at the age of 88. The majority of centenarians have been people who kept early hours, both for rising and retiring. Mr. Eustace Miles in one of his useful books has the following suggestion :

“ Why not an Early Rising Club or Association, not binding itself to this or that sort of exercise, but binding itself to start life earlier in the day, and thus to utilize Nature's freshness and light, which are, like her water and her beauty, ‘ without money and without price ’ ? Then there would follow, for the healthily tired and sleepy, the ‘ earlier to bed ’ habit, which to the ordinary civilised restless person is not as a rule attractive.”

CHAPTER XX

THE BEAUTY TO BE DESIRED

“Beauty draws us with a single hair.”

Pope.

“Never yet was any thought or thing of beauty born without suffering.”

BEAUTY is the most cherished possession of the woman who has it, and the object of the most bitter envy of those who have been denied it. It were idle at this time of day to attempt to define beauty: no two authorities would agree on what constitutes it. Shakespeare tells us that “beauty is in the eye of the beholder,” and tastes differ. Probably if Cleopatra were to be suddenly introduced into the middle of a Kensington tennis party, she would not carry off the palm for beauty from the Kensingtonian belles. Beauty in woman has always been greatly appreciated by the other sex, and P. J. Proudhon went so far as to say that “Beauty is the whole sum of woman.” Another Frenchman said:

“La beauté, sur la terre, est la chose suprême.”

Beauty is a variable term, and what constitutes beauty according to one person's idea will be distasteful to another. The “Hottentot Venus,” very desirable in the eyes of her dusky lovers, would be extremely distasteful to Europeans. Even in the

same country ideals differ : the belle of the East End would find little favour in Mayfair. Individuals, too, differ in their tastes. One man may admire buxom women of the Rubens type, while his next-door neighbour has a passion for the slim, fragile-looking " Rossetti " woman. One finds men of small stature marrying big women of the type which are derisively called " grenadiers," while the most masculine kind of man seems to prefer little, clinging, dependent women of the sort typified for all time by Dora Copperfield. That there are different kinds of beauty is a commonplace ; and there are women who, without being strictly beautiful, are generally conceded to be " pretty " and most " attractive." On this subject, Knight Dunlap, Professor of Experimental Psychology in the Johns Hopkins University, has some illuminating remarks. He refers to " the popular distinction between prettiness and beauty : a distinction which, at least as it applies to women, rests on solid psychological grounds, and which affords abundant opportunity for psychological research, having practical application to some of the pressing social problems," and goes on to say :

" The pretty woman is she who possesses certain of the characters of beauty, but in such combination that they are not an indication of the general potentiality requisite for beauty. The characters of prettiness are the characters of beauty which promise least for the stamina of the race. Without extensive analysis of these signs the distinction may be summed up by saying that a pretty woman would be a man's choice for a mate, but not, other considerations being subordinated, for the mother of his children. . . . Men, however, are strongly interested in *pretty* women as well as in *beautiful* ones."

It is well known that women can attract and hold men without possessing actual beauty. A *grande amoureuse*, with a succession of devoted lovers, was Mme. Dudevant ("Georges Sand"). Yet, physically, the novelist was of an unattractive appearance, and of a masculine type which, by all the rules, would have been repulsive to highly-strung beauty-loving men. She even accentuated her masculine appearance by wearing trousers and smoking cigars! A cynic once said that any woman who had not an actual hump could marry anybody she liked, and there is much truth in it. Nevertheless, physical beauty and symmetry of form remain the most potent weapons in woman's armoury when she seeks the subjugation and capture of the male. While it may be true, as cynics assert, that a man does not know what his wife looks like a year after marriage, still she has in the first place to be won, and physical beauty is the most obvious attraction and one that has the most direct and immediate appeal. It takes time and opportunity to discover the charms of a woman's mind and character, but her personal attractions are apparent to the eye in a moment.

A familiar proverb tells us that "beauty is only skin deep," and it is not more fallacious than most other familiar proverbs. Beauty is dependent upon the whole organism, as will be shown in this chapter. There is hardly any factor in a woman's life which does not affect her physical charms, and it is only by taking care of her general health that a woman can retain that beauty which is so invaluable an asset in all relations of life. The true handmaid of beauty is health; Hygeia is the chief tiring maid of Aphrodite. It is good health which gives the sparkle

to the eye, the red to the lips, the clear glow to the complexion, and the spring and grace to the walk and carriage. Von Frenchlersleben said: "Health is only beauty in the functions of life." Bad health soon steals beauty. Stomach and liver disorders steal the roses from the cheeks, discolour the complexion and sow it with pimples and blotches. Anæmia takes the red from the lips and gums and gives a greenish tinge to the face, and the list can be indefinitely extended.

One of the first things to attend to in the pursuit of beauty is the hygiene of the skin. It does not strike everybody that the skin is an organ with secretory, excretory and respiratory functions. With its perfect and unimpeded action alone can perfect health and therefore beauty be obtained. By the perspiratory and sebaceous secretions, and the constant respiration by means of the millions of minute pores, the skin is continually ejecting matter from the body, and if these functions are materially interfered with or suppressed, death may ensue with more or less celerity. The skin should be allowed to act freely and without impediment: its free action is fully as important as air and food, and this must be aided by scrupulous cleanliness.

It is therefore necessary for those who reverence health and beauty to spend some time each day in ablutionary rites. That eminent philosopher La Rochefoucauld said: "Cleanliness is to the body what amiability is to the mind"—thus copying Bacon whose version of this aphorism was, "Cleanliness is to the body what decency is to morals." Warm baths are the most cleansing; and for those who can bear it, a cold douche is useful, after the

bath, to contract the pores which the warm water has widely opened and prevent catching cold. Brisk friction with brush and towel aid the healthy action of the skin. Turkish and Russian baths have their devotees, but there are drawbacks to them which we are spared in the good old-fashioned British "tub." Alkaline and sulphur baths are efficacious in affections of the skin, but should only be taken under medical advice. Bran, starch, and various aromatic plants are useful adjuncts to an ordinary warm bath.

But no amount of outward cleanliness will keep the complexion beautiful if no attention is paid to the diet. Pastry, sweets, and ices have spoilt many a pretty face, and unfortunately they are a peculiar temptation to womanhood. Another temptation is eating between meals—nibbling at biscuits, cakes and sweets in mid-morning and mid-afternoon—"Maximum cum cute consensum habet ventriculus," said a wise old physician, and indeed the stomach has the greatest sympathy with the skin, as most doctors see in their everyday practice. There are certain things which must be avoided if a pure and dazzling complexion is desired. Rich soups, entrées, and made dishes, highly-spiced curries and hashes, and dishes of a like nature should give way to plainly-cooked meat, once a day, with abundance of fresh vegetables, fruits, both raw and cooked, and salads. There is nothing like green-stuff, especially spinach, for clearing the skin and giving the healthy pink-and-white complexion so much admired and so covetable. The effect of over-indulgence in alcoholic drinks on the complexion is too well known to be described, but beverages made of fruit juice cannot be taken too freely. Over-indulgence in tea and

coffee will injure the clarity of the complexion. The celebrated beauties of the upper classes are particularly careful as to what they eat and drink, and by a system of rigid self-denial continue to preserve both their figures and their complexions in all their perfection. For it is not only the face which suffers from indiscretions in diet : the figure soon loses its youthful slimness, and the cheeks become puffy ; a duplicate chin appears, and then farewell to beauty and fascination. The Turks, by feeding the inmates of their harems on sugary and starchy foods, and by denying them healthful exercise, induced that condition of fatness, indicated by the term " moon-faces," which is to them the ideal of beauty. Our Occidental notions on the subject are, however, very different. Moderation in eating and drinking is the keynote of health and beauty for women.

On the other hand, emaciation, or leanness, will often spoil a face and figure which were meant to be attractive, and the victim will long to be a little plumper. This condition can easily be removed by suitable treatment. Naturally the diet must be carefully regulated, with due regard to fattening substances. Nutrition in general must be plentiful and strengthening : plenty of good bread and butter, farinaceous puddings, fat meat such as bacon and pork, eggs, shell-fish, sugar, jam, honey, and salads with oil. Malt extract and cod-liver oil are extremely useful in cases of emaciation. Mental worry must be combated and plenty of sleep obtained, and in this way the hollow cheeks will fill out and the distressing " salt-cellars " disappear.

One need hardly say that exercise is one of the finest aids to beauty yet discovered. It improves

the complexion and the carriage as nothing else can. This important subject will be found fully treated in another chapter under an appropriate heading. There are, however, a few special exercises designed for beautifying purposes at which it may be advisable to glance in passing. A good way of beautifying neck and shoulders is to take the following exercise :

Stand with arms straight down by the sides, then with elbows rigid, raise the arms, outwards, high above the head. Continue the motion till tired.

To round the neck, turn the head from side to side alternately as far as possible, as if you were trying to look over either shoulder at something behind you. Continue till the muscles tire.

Another exercise for the same object is to throw the head as far back as possible, chin in air. Then bring the head back till the chin is on the chest. Repeat the exercise frequently.

To develop and beautify the arms and chest, the following exercise should be tried :

Stand with the shoulders well back, elbows at the side and fists clenched, then strike out vigorously forward at an imaginary object, bringing the arms smartly back into the original position every time. Breathe deeply while taking this exercise. This exercise may be varied by striking upward as high as possible.

Another way :

Stand upright with shoulders back, then extend the arms, palms of hands outwards, to each side. Bring the palms together with arms at full stretch in front of you, and repeat till tired. Breathe deeply all the time when taking this exercise.

Beautiful eyes are always an integral part of a

woman's attractiveness. They may be blue, grey, black, or green like Becky Sharp's ; they may be shy, languishing, provocative, or a hundred other things as far as expression goes, but they will not attract unless they are clear and sparkling. Dull, heavy, dim-looking eyes do not conduce to beauty. Due attention to diet and exercise will lend brightness to the eyes ; but they must be taken care of in other ways. A few good rules to remember are :

1. Never read or write facing the light. Sit in such a way that the light comes from over the left shoulder.

2. Never read or do work in the train.

3. Never tax the eyes by reading, writing or sewing in a dim or insufficient light.

4. When obliged to use the eyes at work for some time continuously, rest them every now and then by closing them for five minutes.

5. Do not read in bed.

6. Avoid sudden changes from light to darkness or the other way about.

A good exercise for strengthening the eyes is as follows. Sit with your back to the light. Without moving the head, look as far as possible to the right and then to the left, without winking. Repeat six times. Then look up and then down as far as possible, each six times. If the eyes are weak, this will strengthen them.

“Supple as a sword-blade, upright as a dart, and graceful as a lily” is a good description of what a woman should be. It is not given to every woman to possess long, luxuriant tresses, but a little care will help to keep the hair in condition and make it an added attraction. Beautiful hair is one of

woman's greatest charms, and it is worth a little trouble to secure it. Most people give the hair its daily airing with the aid of brush and comb. The latter should not be used too vigorously: it soon separates the hair from the scalp, particularly if it has fine teeth. The brush should be hard, and one need not become tired too soon when using it. A thorough and vigorous brushing ventilates the hair and adds to its beauty. It is not advisable to use much cold water to the hair. An ingenious person named Ellniger has produced some statistics in which he shows that out of 100 persons afflicted with baldness, 85 had washed their heads with soap and water since youth. Under the action of water, the bulb which is at the extremity of the hair-root swells, and the hair, becoming lifeless and easily broken, comes out. The best wash for the hair is lukewarm bran-water, with the yolk of an egg in it, or a little borax. The hair should be gently dried with soft warm towels, and allowed to hang loose till quite dry. It should never be exposed to artificial heat for drying purposes, as such a process saps the vitality of the scalp. Pomades and washes for the hair should be selected with caution and used with circumspection. The former should, in fact, be left alone, for the basis of them is generally a greasy substance which soon goes rancid, leaving upon the head a residue which has to be cleaned off. Lotions made of alcohol, glycerine and jaborandi-leaves give the hair a glossy appearance and are harmless. The various "stains" and "colourings" which are advertised for restoring prematurely grey hair should be avoided, as they nearly all contain poisonous substances."

Some women are troubled with hair in the wrong place. This condition is known as dyspituarism, and there is no remedy.

But, above all, beauty depends upon expression for its chiefest charm. The most beautifully-curved lips are not attractive when they are pouted in anger, or the corners turned down in a sulky mood. Frowns and grimaces cause disfiguring wrinkles and lines. Plato declared that a beautiful face was the most interesting sight in the world ; but that philosopher would have been the first to acknowledge that a cross or discontented expression would completely spoil the loveliest countenance. Giving way to resentment, hatred, or bad feelings, will soon take away from the face that serenity and sweetness which is one of its greatest charms. Women of a worrying, anxious disposition develop fine lines around the mouth and eyes, while the over-studious and meditative simply invite wrinkles to the forehead. A cheerful and unruffled mind is reflected in the face. Nothing spoils beauty more quickly and thoroughly than fretfulness. The " poor thing " whose imaginary grievances are dinned into the ears of those about her *ad nauseam* is soon singled out by the lax and drooping mouth, the wrinkled forehead and the general expression of ill-humour and fretfulness.

CHAPTER XXI

WOMAN AND DRESS

“ The sacred toilet.”

Charles Reade.

DRESS to a woman is one of the most important things in life. The great novelist, Charles Reade, in his best story alludes to “ the sacred toilet ”—the adjective indicating the supreme importance of the attire. It is therefore pleasant to be able to put on record the belief that at no time has woman’s dress been at once so sensible and so hygienic as it is at the present period. We need not be very old to recall the time when a woman went about swathed in several thicknesses of material, with a long skirt that swept the ground and gathered to itself all kinds of dirt and disagreeable matters, so that a woman brought the refuse of the streets into her drawing-room with her. Then the corset has almost, if not entirely, disappeared, being diminished in size to a mere band of silk, and the abhorrent practice of “ tight-lacing ” has fallen, fortunately, out of favour. Women now wear the waist which Nature intended them to have, and the doctors, who for so many years had to preach against tight-lacing, need do so no longer.

Those reactionaries who are clamouring for a

return to the long skirt and tight corset are nothing less than enemies of the human race. The vogue of the tight corset afflicted women with various complaints and morbid conditions. The stays compressed the lungs, causing diminution of breathing-power ; it also interfered with the flexibility of the costal cartilages, causing them to become rigid, like bones, instead of expanding and contracting. They interfered with the circulation, causing heart disease ; they compressed the liver and stomach, causing disturbances of the whole digestive system, so that the victim could neither enjoy nor digest her meals. Let us rejoice that these diabolical instruments of torture are out of fashion and pray that they may never return. There used to be extant an interesting comparison between the proportions of a celebrated actress and beauty, whom we will call Mrs. L., and a model of the Venus de Medici. It was as follows :

	Mrs. L.	The Venus.
Height	5 ft. 7 in.	5 ft. 7 in.
Shoulders	15 in.	16½ in.
Bust	36 „	38 „
Thigh	24 „	24 „
Calf	12 „	12 „
Neck	12 „	13½ „
Hips	45 „	42 „
Length of Leg	28 „	32 „
Waist	26 „	32 „

The difference in the waist measurement is noteworthy. In the case of the actress it is 26 inches, or 39·5 per cent of height, while that of the Venus model is 47·7 per cent.

Nowadays the “summer girl” appears in what is called a one-piece frock, with a one-piece undergarment, and a loose, narrow corset, or none, and

appears to be quite as happy and much healthier than the unhealthily clothed girl of the 'eighties and 'nineties. Another abomination which has gone is the garter, which was worn above the knee just where the large blood-vessels of the leg are near the surface, compressing them in a way which impeded the circulation. Hence thin calves and thick ankles which, no doubt, the girl of the period was glad enough to conceal beneath the fashionable trailing skirt. Wearing her stockings attached to her corset by suspenders, the modern girl can boast a shapely limb which the present modes are well calculated to display. Another sensible modern fashion is that which allows the garments to hang from the shoulders instead of from the hips. The frock which exposes a generous portion of neck is much more hygienic than the thick cloth "bodice" of bygone days which fastened tight up to the throat, thus depriving the neck and throat of their due portion of air and sunlight. When this fashion started we heard many sinister allusions to "pneumonia blouses," and some pessimists expected all our young women to be carried off by pulmonary complaints, but none of the dire predictions has been fulfilled.

A famous artist has laid down some useful rules as to dress. He says :

"Beauty includes appropriateness."

"Freedom and Beauty are twins, and woman should seek for both in dress if she desires her work to be felt."

"True dress gives the greatest freedom, and freedom combined with utility need never be opposed to Art."

"Dress should be no hindrance to anything we desire to do, and should always give us freedom of body."

This last is a most sensible recommendation and

shows that our artist can be a man of common sense as well as a lover of beauty. A great number of girls and young women, with the thoughtlessness of youth, forget that to be pleasing dress must be appropriate. They like patent shoes with high heels : therefore they must don them for a country walk in the spring ! It is this lack of the sense of what is appropriate which makes a girl go into a City office, to do a day's typewriting, dressed as if she were going to a garden party. The result is that she is laughed at behind her back, and her precious finery gets soiled and shabby very soon. Frills and furbelows are out of place in a City office, and a profusion of dangling beads and jingling bangles are apt to have an irritating effect upon an employer. So are blouses and jumpers of a startling chromatic scheme. A dark skirt and a crisp, freshly-laundered " shirt-waist "—as the Americans call it—make an ideal outfit for the City ; and the fussy things in which girls delight may be worn in leisure hours. The City girl, too, favours thin and flimsy shoes and seldom takes the trouble to provide an adequate wrap for use on wet days. Colds, bronchitis, and even pneumonia, will attack her when she gets caught in a downpour of rain.

The girl who takes care of her health will see that her wardrobe consists of clothes suitable for every kind of weather. A good warm coat is often a better investment than another evening frock. Otherwise it is better to be too lightly attired than too warmly, as there is less likelihood of catching cold. Heavy clothing induces perspiration and thus colds are caught. In order to maintain the body at a comfortable temperature, tight clothing should

never be worn, and there should always be a layer of warm air between the body and the underclothing. Sir William Thompson holds that there is practically no difference between cotton, linen and wool as conductors of heat, but underclothing of wool has serious disadvantages. While it can easily absorb 40 per cent. of the perspiration of the body, it gives off this moisture again very slowly, consequently it remains damp. Linen has the great advantage of easily giving off again the moisture it has absorbed. It is also very porous. Many women like silk underclothing, and if "money is no object"—as the popular phrase goes—there is much to recommend it. Silk absorbs the perspiration easily and also retains the heat; it is, besides, very comfortable, and the knowledge that her underthings are of silk gives a woman a sense of well-being.

According to one of the leading authorities on women's diseases, one can judge a woman's character by her underclothes. He said that in this way he could tell:

- If she were clean in her habits ;
- If she were artistic ;
- If she were hygienic ;
- If she were unsexed and aping masculinity ;
- If she were careless or untidy ;
- If she were immoral.

I do not pretend to be such a Sherlock Holmes, but the point of view is apparent !

It seems to be the fashion for women's hats to become more light and flimsy every season, which is as it should be. The close-fitting toque spoils the hair and heats the head. Nature's foresight has provided a woman with an abundant covering for the

head, namely, the hair, and any other covering should be more for ornament than for use. The front part of the hair is covered with sweat glands (hence the "perspiring brow" of people engaged in any arduous exertion) and a hat that interferes with the working of these glands should be avoided. There is a good deal to be said for the pretty fashion, prevalent on the river in the summer, of a girl twisting a gaily-coloured silk handkerchief round her head in lieu of a hat. Let us hope that the large hat, piled high with a weird conglomeration of flowers, birds, and ribbons—not forgetting a paste buckle or two—has vanished for ever. The craze for "bobbed" hair sent it into retirement, for such a formidable erection was quite out of keeping with shortened locks. While we are considering head-coverings, let us give some space to the following sensible letter from a medical officer of health, appearing in a London daily paper during the heat-wave of July, 1923 :

"Sir,—Much good advice has recently appeared on the subject of avoiding injury to health during a heat-wave, but nothing has been said about the danger of permitting infant children to be exposed, with no covering over the head, to the rays of a sun strong enough to inconvenience a negro pugilist.

"A woman who will cheerfully permit the sun to beat down upon the fragile skull of her helpless infant, with its scanty hair and thin bones which are not closely apposed as those of an adult, while taking care that her own head is protected, must have a curious mentality."

Older children, especially those with a good thatch of hair, may safely be permitted to play without hats. The Bluecoat boy never wears a head-covering of any kind, yet he does not appear to catch cold.

The "No-Hat Brigade," by braving the ridicule of the "No-Manners Brigade," and appearing in public with nothing on their heads, are doing a good work. Hard hats, like the "toppers" of Eton and the "straws" of Harrow, prevent the circulation of blood through the scalp and thus kill the roots of the hair.

As regards shoes, most women choose their foot-gear more for appearance than for comfort. Narrow toes and high heels not only cramp the foot, but the whole weight of the body is thrown forward on to the already constricted toes. The fashionable shoe, with its fancy strappings, affords no real support to the foot and the ankle is easily turned. Moreover, high heels are a real danger in going up and down stairs, and the wearing of them has many times resulted in serious and even fatal falls. There is no need to mention the corns, bunions, and other deformities caused by shoes which are too tight. Very few women wear boots nowadays, which is a great improvement, as shoes are more hygienic. It is important that there should be an unimpeded access of air to the feet, and the low-cut shoes so popular now provide this. It is perhaps not necessary to point out that goloshes are an abomination, sealing up the foot, with all its multitude of sudorific glands, in a kind of air-tight chamber.

The sensible man sees no reason in the reproaches sometimes levelled at the wearers of silk stockings. Silk is an excellent material for foot-and-leg coverings and there is nothing against its use, provided it is within the wearer's means. "No woman," said a well-known woman journalist to this writer on one occasion, "can have too many pairs of silk stockings."

There is a great divergence of opinion as to children's clothing among our matrons. Some mothers coddle their children, wrapping them up as if the air of heaven were rank poison, while other mothers go to the opposite extreme and send out their children clad scantily in the bitterest weather, with the idea of "hardening" them. Consequently one sees the poor mites with their uncovered arms and legs blue with the cold. There should be moderation in all things. Vulgar mothers dress their children up in an absurdly ostentatious fashion ; one has seen little girls of five and six with bangles, rings and brooches, just like grown-up women. The consequence is that the poor little victim has no childhood at all and becomes an old woman before she is a young one.

In the case of infants, care should be taken not to expose the child to sudden changes of temperature. When the baby, for instance, is taken from a warm room into the open air of the garden, it should have some additional article of clothing, such as a shawl. The skin of an infant is very sensitive and the child easily catches cold.

CHAPTER XXII

WOMAN AND THE HOME

“ Home is where the heart is.”

Old Song.

THE home is woman's sphere, and it is right and just that she should have something to say in the choosing of it. The personal idiosyncrasy differs so much that it is impossible to lay down any hard-and-fast rules as to situation. Different localities suit different people. Some people thrive in the valleys and are out of sorts in hilly districts, and vice versa. Even a few miles may make a considerable difference. The writer knew a man who was always languid and depressed when he lived in Brixton, and as soon as he removed to Hampstead, the difference in his health was so marked as to impress everybody who knew of the case. People with weak lungs need a bracing air ; bronchitic subjects, on the other hand, a sheltered situation. Each separate individual must make his own choice, subject to a few general rules.

Thus, in choosing a home, the soil and the situation are important factors to be considered. The home-finder will see that the house has a site the subsoil of which is naturally dry or is properly drained and free from organic impurity. Abundance

of fresh air and sunlight must be obtained, and for their value as health-givers cannot be over-estimated. The crowded courts and alleys of the slums of our great cities, where fresh air and sunlight seldom penetrate, are the prolific breeding-grounds of disease. Sunlight is a tonic and stimulant; and scientific experiments have shown that a man sitting in the sunlight consumes more oxygen than a man sitting in the shade. The following passage, from a book describing Nansen's Polar explorations, shows vividly the conditions brought about by the deprivation of sunlight :

“ The last winter in the ice was simply awful. We had our fill of the darkness. We got sleepy and indifferent and shaky on our legs. We were not ill, but weak and dead-beat, and the Doctor was anxious about our brains. When the day came with the sun, it was like a resurrection for us all. We were electrified when we saw him. Nobody knows how fine the sun looks but those who have been six months in darkness. Then we came to strength again.”

Let your house, then, be a sun-trap; a southern or south-western exposure is the best. People who have too little sunshine are liable to every sort of infection, including tuberculosis. There are proverbs in German and Italian which sum up the matter very neatly. One says :

“ Auf die schattige Seite der Strasse kommt der Leichenwagen doppelt so oft, als auf die sonnige.”

(“ On the shady side of the street, the funeral coach turns twice as often as on the sunny side.”)

The other runs :

“ Dove no viene il sone viene il medico.”

(“ Where the sun does not come, the doctor does.”)

In order to admit the sunlight, the house should

have large windows and plenty of them. And it is as well to remember that *all* the rays of the sun cannot go through glass, and therefore the windows should be open as much as possible. This lets the air in as well as the health-giving, stimulating sun. The doctrine of "fresh air" has made great headway in this country, and there must now be very few homes in which the great importance of the open window is not recognized. There are, however, still a few people who think that the "night air," as they call it, is dangerous. They forget that night air is the only kind of air that we can get at night ; and, all things being equal, it is more likely to be purer than the day air. For one thing, the home fires are out, and there are no chimneys discharging volumes of smoke into the atmosphere. We require more air when we are asleep than when we are awake, therefore the bedroom window should always be open at night, winter and summer. The heavy feeling, accompanied by headaches and loss of appetite, which follows a night spent in a close room is sufficient indication of the value of an uninterrupted supply of fresh air during sleep. There should never be any growing flowers or plants in a sleeping-room, for they absorb air.

As I have said before, the bedchamber should be the largest room in the house, but as houses are built now, this is impracticable. Convention directs that the finest rooms should be reserved for entertainment purposes, and often the "best bedroom" is the only decent bedroom in the house as regards size. As for the servants, they sleep in any cubby-hole, sometimes in the basement, which is destructive to health and spirits. In a bedroom, heavy curtains

and draperies should be avoided, and, of course, there should be no curtains to the bed itself. Bed-clothes should not be heavy, and two light coverings are warmer than one of equal weight, because of the layer of air between them.

Carpets are totally unnecessary in a bedroom ; in fact there are no reasons for the use of carpets in any room of the house. A shining stained floor, with a few bright rugs scattered about, looks much more attractive than the best products of the carpet factory. A carpet is a receptacle for all kinds of dirt and filth ; and when the British home is conducted in a sane and sanitary manner, the carpet-making firms will be driven out of business, by a total cessation of the demand for their wares. The subject of wall-coverings is of great importance. It is the usual thing to put wallpaper on the walls of a room, and another layer is placed over the first when it becomes unsightly through long use. This custom is unhygienic, for the accumulated dirt of years is simply covered over and may be the cause of serious illness. A distempered or painted wall is much more sanitary than a papered one ; and when the British home arrives at the happy condition alluded to above, the makers of wallpaper will follow the carpet-manufacturers out of business. Heavy draperies, which retain the dust, must be banished from a really sanitary house. The suburban drawing-room of the last century, though the lady of the house was no doubt inordinately proud of it, was a veritable germ-trap. Everything was draped that could be draped. Moreover, this drawing-room was a place for display, so every kind of " ornament " (so-called) was scattered about. The mantelpiece,

the occasional table and a flimsy contrivance called a "what-not" were heavily loaded with photograph-frames, bits of china and silver, and other trifles, till the whole room resembled a church bazaar. We are now mercifully more civilized, and lean to the Japanese plan of having one or two beautiful objects about a room, instead of a miscellaneous assortment of all kinds of trumpery.

So much for the rooms allotted to the adult members of the household ; those given up to the rising generation are of equal or even greater importance. It is hardly necessary to say that the apartments of King Baby must be as light and airy as possible. The objections to drapery and carpets already mentioned apply equally to those in the schoolroom and nursery ; though there can be no objection to some light rugs which can be easily taken up and beaten—daily, if practicable. The child needs a cupboard in which to keep toys and other treasures ; but cupboards full of useless lumber are out of place in a room used by the little ones. All such places should be cleaned out frequently, and lumber thrown away or burnt. What are generally known as lumber-rooms are an abomination and a fine breeding-place for disease. It often goes against the grain to throw away things that may be useful hereafter, and there is a proverb dear to the housewifely heart which says, "Keep a thing seven years and find a use for it at last." The obvious reply is that if no use has been found for the thing in six years eleven months, its ultimate chance of any employment is, to say the least of it, problematical. Throw away useless rubbish ; do not hoard it. If lessons are given at home, too much care cannot be expended

on the arrangement of the schoolroom. The child should not be compelled to sit immediately facing a window, or the eyes may be affected. Tables, desks or chairs of the wrong height may induce curvature of the spine. Small desks and forms combined, scientifically adjusted, are now sold by dealers in educational goods ; these should be employed, and the old, haphazard methods abandoned. If drowsiness or inattention at lessons is noticed, there must be a cause for it ; the small learner may be suffering from autotoxæmia, brought on by improper feeding. It is cruel to make a child resume its tasks immediately after the midday dinner ; for at that time the blood is drawn to the stomach, which is dealing with the just-ingested meal, and there is none to spare with which to flush the brain. The ventilation of all rooms occupied by children is of the greatest importance ; but the " fresh-air fiend " frequently overdoes the ventilation, and, throwing open every door and window, converts an apartment into a veritable Cave of the Winds. Young children are most susceptible to draughts and should be protected from them in every possible way. There is reason in all things, and it is possible to ensure a plentiful supply of fresh air without letting every breeze of heaven whistle round the unprotected head of a tender child. On the other hand, many a child suffers from living in an over-heated atmosphere. Colds are caught most often by over-clad, over-fed children used to a " high temperature in their homes." " Catching cold " means that children are clothed or housed too warmly, and probably over-fed and constipated into the bargain. " Coddled " children are prone to colds, which may easily develop into

catarrh and other diseases. One of the most deleterious methods of heating living-rooms is by hot air. "When the building has to be warmed with the air-supply," says an authority, "the air gets burnt, it loses a portion of its oxygen, gets hotter than is either comfortable or healthy for breathing, and causes a feeling of oppression and lassitude owing to the insufficiency and attenuation of the oxygen in such overheated and rarefied air, which is enervating and lacks freshness." All authorities agree that the heating and ventilation of a room should be dealt with separately. An American engineer attributes the premature loss of the freshness and bloom of youth by many Americans to the enervating effects of the hot-air system of heating and ventilating which have been in vogue in the United States.

As the kitchen is the department in which all the food of the household is prepared, it ought to have one of the best positions in the house. And how often is this done? The kitchen, in London, at least, is generally in the basement, ill-lighted and inconvenient to the last degree, and having the most scanty supply of necessary air and sunlight. It is also the favoured resort of mice, beetles, and flies—all disease-carriers and disseminators of all kinds of dirt and filth. Instead of being the healthiest room in the house—considering that from it issues everybody's food—it is too often the very reverse. Smaller houses often have no proper larder. In this country are hundreds of homes in which the only place for storing the food is a small slice partitioned off from the coal-cellar, or else contiguous to the kitchen. Naturally, in hot weather milk left

in such places goes sour, and the meat becomes tainted.

It has often been suggested that women should become architects, for as the home is woman's own proper sphere, that sex, being the most practical, would probably design houses with a view to making them real homes, and both convenient and economical to run. However, for the present it seems as if we must be content with male architects.

CHAPTER XXIII

WOMAN AND EMPLOYMENT

“ If you wish success in life, make Perseverance your bosom friend, Experience your wise counsellor, Caution your elder brother, and Hope your guardian genius.”

Addison.

MORE and more women are faced every year with the necessity of earning their own bread if they are to eat any. Likewise more and more careers are opening out in front of women, and the prospect of having to earn a living is losing many of its terrors. Half a century or even twenty-five years ago, the fate of the woman—above the servant class—condemned to rely upon herself for support, was dismal indeed. Few occupations were open to her and those the worst paid. Penniless but well-bred girls took posts as “companions” to rich and idle women, a post compared to which the life of a galley-slave was one of ease and freedom. Others swallowed their pride and became “useful helps” to overworked housewives, in which position they endured all the disadvantages of a menial’s position without enjoying the corresponding advantages. Some women undertook to look after other women’s children, and impart the rudiments of an education, but unless they possessed an

imposing array of certificates they did not advance very far along the scholastic path. Unable to lay anything aside out of their scanty earnings for a rainy day, they were haunted ever by the spectres of unemployment and a wretched old age. In those days the daughters of business and professional men were brought up in idleness, and it was thought "queer," and even wrong, for them to leave their sheltering homes to engage in a business or profession of their own. The amount of misery, unhappiness and even suffering caused by the snobbish ideas of those days is incalculable.

Nowadays people are more sensible, and it is no longer "unladylike" (blessed word!) for a woman to be independent and to earn for herself the bread she eats. It is curious now to look back and reflect that only twenty years or so ago it was not considered "unladylike" for a woman to be a burden on her relatives and to sponge on her friends, but that to earn an honest living was distinctly to merit that obnoxious adjective. Notably within the last few years have women invaded men's occupations, and in nearly every instance have made good in them.

The legal and medical professions are now as open to women as to men, but we have as yet no female parsons in the Church of England. Their sex debars women from the Navy and Army; but there are some callings for which this particularly fits them. One is newspaper work, and there is now no considerable periodical or journal which has not a woman on its staff. In some departments of journalism women are supreme, and there have even been women war correspondents—Lady Sarah Wilson

and others. An editor is not slow to tell inquirers that the lady members of his staff can criticize new plays and pictures and review new books to the full as ably as their confrères, though we have yet to see a woman editing the financial column. In reporting, a branch of activity which requires pertinacity and a capacity for not resenting snubs, women are brilliant. Some newspaper women have earned as much as £2,000 a year, and almost any girl with the true newspaper *flair* is sure of a good living. Nothing but suffering, disappointment, and disillusionment, however, awaits the girl who braves Fleet Street without having the journalistic instinct. It is not enough to have the "itch for writing," which affects many of us, men and women alike.

Considered as a profession for women, the stage is on a par with newspaper work in this particular. Far too many girls make the terrible mistake of thinking that a liking for the stage implies a talent for it. This is the fundamental error which has spoiled many lives which might have been useful and honourable. It is not enough to train to a calling; one must have the talent which alone entitles one to embark upon it.

Commerce attracts some women, but all do not possess the business instinct, particularly those brought up in cultured homes. Many women fail in business, and have to seek refuge in the Court of Bankruptcy through embarking upon a commercial career without understanding the particular business which they attempt to control. Others go under through starting with not enough capital. When, however, a woman is equipped with the business instinct, she can generally make a success of what-

ever she undertakes. Many have made considerable fortunes in the hotel business, sometimes starting with one small boarding-house and adding to their premises as the concern prospered. As the home is supposed to be women's sphere, it is natural that she should excel in that particular business which is connected with providing temporary homes for wayfarers ; but, curiously enough, women are seldom successful as caterers. Men make the best *restaurateurs*, and always have done so, as they make the best *chefs de cuisine*. Thus in cookery and catering, two departments of life particularly congenial to women, they are outdone by men !

There is, however, one department of the household in which woman still holds her own, and that is in mending. Some enterprising women have set up repairing depots, to which lonely bachelors can bring their mending to be done. They obtain publicity by co-operation with various men's caterers and will even offer to keep their customer's clothes in good repair by contract, the customers paying an agreed monthly sum. The expenses of such an establishment are not great, the chief being the wages of a sturdy lad or girl to collect and deliver the work.

There is, indeed, always a good living for the expert needlewoman. One such may have more orders than she can fill for "home-made" lingerie, while another specializes in children's garments. In fact, a woman clever with her needle has a living literally at her finger-ends. Another woman's livelihood may be in her toes, for many are the dance teachers who wax prosperous on the fees paid by men and women anxious to shine in the ball-room ; and as

the steps danced are subject every season to the fluctuations of fashion, there is always something new to learn. Consequently a competent teacher is busy all the year round. The man or woman who has become rusty in dancing, and is too shy to face a large assembly, can also be catered for by the woman who can impart her knowledge of the modern dances to others. A little homely gathering could easily be organized with special reference to the bashful ones.

However, it is useless to attempt within the limits of a chapter to examine every path which may be trodden by the woman desirous of earning her own living. It is a subject for several volumes, not for a few pages. There are many occupations for women which have not even been mentioned, e.g. research work, secretarial work, commercial designing, and advertising. In all these and many others the modern woman earns her living, and leads a useful and contented life.

From a medical point of view there is nothing to prevent a woman from competing successfully with men in suitable occupations. Women, as one may easily see from a glance around one, are capable of great exertion and prolonged endurance. It is but seldom that one hears of a woman breaking down from overwork. This is left to the men. I am inclined to think that a woman does not throw herself into her work with as much energy as does a man, though Edison said that genius was 99 per cent. perspiration and 1 per cent. inspiration.

The spinster has been dealt with in the above remarks ; but it sometimes happens that for economic reasons married women are forced to work,

and this condition falls upon them hardly. They have double duty to do—to their employers and to their homes and children. It is too much to expect the mother of a family to go out into the world and wrest from it a living ; but we see, unfortunately, that in too many instances this must be done, thanks to our complicated modern civilization.

In some walks of life, husband and wife are to be found engaged in the same occupation, and this does not always make for marital happiness and peace. One especially observes this on the stage. There are, of course, notable exceptions, such as the Kendals, the Trees, and the Bancrofts. But the life of the player means sudden and arbitrary separations, perhaps for years. Often the mercurial temperament of the actor-husband or the actress-wife cannot stand the strain, and disaster results, with pain and humiliation to one or both. Some literary couples contrive to live happily together, e.g. the Brownings, whose married life was idyllic ; but in other cases professional jealousy has crept in and wrecked the union. In the case of a well-known couple, both novelists, the wife's literary success so exceeded that of the husband that he could not endure the humiliation, and quarrels ended in the Divorce Court.

It is not always wise to marry a wife who wishes to continue her work after the ceremony. It is an experiment which has turned out well in some cases, but very disastrously in many others.

CHAPTER XXIV

IF FAT COMES

“ Nobody loves a fat Man.”

Popular Song.

THE fear of getting fat is one of the greatest terrors that afflict women, and the cultivation or retention of a slim and youthful figure one of their greatest preoccupations. From time immemorial, fat people have been objects of more or less good-humoured laughter—veritable “figures of fun.” Falstaff, Tony Weller, the Fat Boy, Uncle Toby, Mrs. Gamp—are all comic characters in drama and fiction; and the same idea holds good to-day. No modern dramatist would invite your serious interest and sympathy for a stout woman, though a grotesquely fat character can always educe laughter from the unthinking audience. But it is only to the unthinking that obesity is comic. If it is considered properly, it is a tragedy. It is not only that the fat woman is generally incapable of inspiring love in the opposite sex—a most important thing to a woman—but obesity affects the health very seriously, and no fat woman can be thoroughly well. One of the greatest dangers is that the superfluous tissue will affect the heart, the kidneys are oftendiseased in fat people, and they usually

have a high blood-pressure which may result in cerebral hæmorrhage or "a stroke." Gout, dropsy, and diabetes also lie in wait for the woman who allows superfluous fat to accumulate. Shakespeare's lines addressed to a person who was too obese,

" Know the grave doth gape
For thee thrice wider than for other men,"

are terrible but true. The previous lines run :

" Make less thy body hence, and more thy grace.
Leave gormandising."

These show that the poet recognized the age-old truth that obesity is chiefly the result of injudicious eating and drinking. The fat woman may not be "greedy" in the proper sense of the word; though gluttony brings fat, the obese person is not always a glutton. In fact, one may often hear the fat woman say in despair, "Well, I only eat enough to keep a canary alive, and yet I cannot get rid of my fat." In this case, the victim of obesity is probably eating the wrong things, and when a fattening diet is taken it is astonishing to find how small a quantity will increase obesity. The foods which are especially liable to make fat are speedily enumerated. As early as 1850 bread, potatoes, and fat were discovered to be fattening. Later on, sugar was added to the list. It may be useful if we append a schedule of foods to be avoided by the woman desirous of reducing her corpulence.

Forbidden to the obese are :

Meats rich in fat, such as pork, ham, bacon, sausage. The lean of beef and mutton should be chosen, and a well-grilled chop, with the fat "tail" cut off, is as satisfactory a meat course as any.

Poultry and game containing a large percentage of fat and oil, such as goose, duck, and waterfowl.

Fish of the oily kind, namely, salmon, mackerel, eels, sprats, herrings, pilchards, crabs, lobsters, and sardines.

All kinds of farinaceous foods, such as spaghetti, macaroni, vermicelli, arrowroot, oatmeal, rice, and tapioca.

Pastry, cakes, tea-cakes, Sally Lunn's, etc.

Certain vegetables, namely, potatoes, carrots, parsnips, turnips, and beetroot.

It is best to take the meat course plainly boiled or roasted, for rich stews and hashes, and "made" dishes generally, are inimical to a good figure. The obese woman should avoid food fried in fat. Liver, kidney, sweetbreads, and other tit-bits are best avoided, as they are rich in fat. Cheese must not be taken at all.

But, though the list of forbidden articles may look rather formidable, there are many things which remain for the bill of fare of the obese, from amongst which a varied and tempting table may be prepared. Besides beef and mutton and lamb, roasted or boiled, chops, steaks, and cutlets, the flesh food may include chickens, guinea-fowl, turkeys, venison, hares, leverets, rabbits, partridge, pheasants, ptarmigan, grouse, quail, snipe, woodcock, and pigeon. An omelette may be substituted for the meat course if it is liked, for there is no objection to eggs being included in the dietary of the obese. Eggs, though containing a certain amount of fat, are free from starch or sugar.

The corpulent may take all white fish, such as sole, plaice, cod, turbot, brill, whiting, halibut, flounder, or smelt; also oysters in season. They should be

boiled, not fried, though there is no objection to a sole or a slice of cod being grilled. Some cooks send fish to table smothered in sauce, but should not be allowed to do so in cases of obesity. An excellent way of combating the insipidity of boiled white fish is to serve it with a sauce made of ripe tomatoes—needless to say without butter or milk. Oysters, of course, should always be eaten raw ; nobody but a barbarian would fry or otherwise maltreat these delicious morsels. Mayonnaise of fish, though delicious, is denied to the obese.

Salads and green vegetables should figure largely on the fat woman's bill of fare. The vegetables allowed are spinach, cabbage, cauliflower, tomatoes, lettuces, cress, celery, radishes, cucumber, brussels sprouts, green peas, french beans, and asparagus. Salads, of course, must be made without salad-oil, but lemon juice may be substituted, if it agrees with the palate. Almost every kind of raw fruit may be eaten, save those rich in sugar, while oranges and lemons are specially useful. If a fruit tart is brought to table, the woman who wishes to reduce her weight will avoid the pastry, and take a little of the fruit. Sugar, of course, must not be used for sweetening, and saccharine must be substituted. A good way of serving vegetables is to cook them in a little stock, or mash them and pass them through a sieve, making them into a purée. No bread must be taken, but toast, zwieback, or rusks substituted, all in small quantities.

The question of beverages enters largely into all cures for obesity. The best way is to abstain from all drinking at meals ; this is a difficult thing to do, but it must be done. The amount of fluid taken

must be strictly limited. Ale, beer, stout, porter, marsala, sherry, and port must be cut out of the dietary altogether. If an alcoholic beverage is required, and the system has been habituated to it, claret or a Rhine wine may be taken, or occasionally a whisky and soda. The sweetened mineral waters, like ginger-beer and sparkling lemonade, must be avoided, but lemonade made with the fruit, Vichy, lithia-water, or lime juice and soda, are allowed. If tea and coffee are indulged in, there must be no sugar or milk taken with them. A refreshing drink is a cup of weak tea with a slice of lemon.

There have been a good many "cures" for obesity, some of them useful, and others physiologically unsound, and inflicting unnecessary suffering upon the wretched patient. One of them, called the Salisbury cure, consisted of restricting the sufferer to lean beef and hot water ; and in this case it may truly be said that the cure was worse than the disease. The diet list drawn up by Ebstein insisted upon fat meat ! If, however, the directions given above are followed faithfully, the woman afraid of growing fat need not trouble her head about a formal "cure." Moderation in eating, and a sensible choice of articles of diet, avoiding those pointed out as fat-forming, are all that is needed, as far as the dietary is concerned. There are many quack nostrums advertised, which promise to reduce the superfluous tissue as by a miracle, but in these days miracles do not happen. Some of these concoctions are advertised to reduce the weight by several pounds in twenty-four hours—an obviously absurd claim. By way of an additional inducement, several makers of these so-called remedies announce that "no change of diet is neces-

sary." As fat-reduction depends more than anything else on the regulation of the diet, it will be easy to deduce from this the advertisers' knowledge of the subject. An American company selling an obesity remedy blandly claimed that "A woman may take but little exercise and enjoy the best of food, and still preserve a beautiful figure. She has at hand a simple fat-reducer that takes the place of starving and gymnastics." Comment is needless. Most of these preparations are based either upon citric acid or extract of bladderwrack, as shown by sundry analyses made for the British Medical Association.

As important as diet to the obese is exercise, but, unfortunately, when corpulency has obtained a firm hold upon the victim, there is a pronounced distaste for physical exertion. Nevertheless, exercise is essential, and must be obtained whether the patient likes it or not. Walking is one of the best exercises for the obese, and the woman who has not yet fallen a victim to the undue accumulation of fat, yet lives in dread of it, can keep the fat-fiend at bay by various means. A surprising amount of healthful exercise may be obtained if the impulse to hail a 'bus or a taxi when going a short distance is resisted, and the route traversed on foot instead. The amount of exercise so obtained may be but little at a time, but it mounts up in the course of a week to a respectable total. According to Dr. De Saint-Germain, riding on horseback is a passive exercise suitable for stout people, and one which produces a real decrease in the weight on account of the fatigue and perspiration. Cycling is another useful exercise for stout people, or for those afraid of becoming so. Corpulency may also be warded off by such pastimes as tennis, row-

ing, and swimming. Hard work in the garden is another sovereign remedy for corpulency, and here we have the great additional advantage of fresh air and sunlight—those two invaluable tonics. Moreover, gardening interests the mind in a way in which ordinary exercises do not. If it be practicable, a season on a farm, assisting the farmer's wife in her work, will do wonders in reducing weight. Not only is the superfluous fat removed, but the muscles are developed and the whole figure vastly improved.

Massage and gymnastics are most useful against stoutness—when, of course, combined with a strict regulation of the diet. It cannot be too often insisted upon in this connection that the dietary is the principal weapon against encroaching fat, and without this all other precautions are useless.

One of the greatest snares of those inclined to stoutness is sleep, but bed is one of the worst enemies of the corpulent. Mathurin Regnier well deserved to be stout when he wrote :

“ Ah ! que c'est doulce et fort bien ordonnée
Dormer dedans un lit la grasse matinée ! ”

The woman who is afraid of getting fat should never sleep more than seven hours at night. As for sleeping in the daytime—particularly that tempting little after-lunch nap—it must be shunned like the plague. Lying in bed in the morning is peculiarly favourable to the formation of fat, and a sure and direct route to excess of adipose tissue is that favourite indulgence, breakfast in bed. Let the first turn, as the Iron Duke said, be a turn out, then a bath should be followed by a cold douche and a brisk rub down, and a

run round the garden, weather permitting, will put one in form for the frugal breakfast of tea or coffee, rolls and butter, and fruit—no meat being permitted at the first meal of the day. This may present a picture of a Spartan régime to the lazy and self-indulgent woman, but laziness, self-indulgence, and fat are inseparably linked. It is worthy of note that Oriental nations, whose ideal of beauty is excessive fatness, insist on the moon-faced inhabitants of the harem taking plenty of repose.

One of the quickest ways of reducing weight is to cut out breakfast and afternoon tea altogether, for in addition to reducing the weight, such a habit will benefit the patient both physically and mentally. In Sir Herbert Maxwell's "Life of the Duke of Wellington," he calculates that by working every morning for three hours before breakfast the Duke adds approximately seven years' work to his life. If accustomed to a big breakfast, the meal must be cut down gradually, as any sudden change is bad and may be dangerous.

An Irishman discussing doing things before breakfast, said: "I never do anything before breakfast, I always have breakfast first."

The best work, mental or physical, is done on an empty stomach.

Many rich people, suffering from corpulence, frequent each year one of the spas, but if they only had the moral courage to practise the same self-restraint at home they would gain as much benefit and lose as much fat.

I have always found that patients lose fat most rapidly without any injurious effects by a combination of

- (1) Diet.
- (2) Exercise.
- (3) Massage.
- (4) Glandular treatment.
- (5) Electrical treatment.

After a course of such treatment, the patient has not only reduced her weight, but feels much better in herself and looks much younger. However, as one lady remarked to me : “ One *has* to visit *some* spa every year so one may as well reduce one’s weight at the same time.”

CHAPTER XXV

RELIGION IN WOMAN'S LIFE

“ Entranced in prayer
I worshipped the Invisible alone.”

Coleridge.

FOR some reason or another, women are supposed to be more “ religious ” than men. If by “ religious ” is meant a stricter observance of forms and ceremonies, then the idea is true, as anybody may observe by glancing at the respective numbers of men and women in the congregations at church or chapel. There may be reasons for this totally unconnected with true piety. With some women attending church is a social function rather than a religious duty. What says the cynical rhymester ?

“ ‘ Attend your church ! ’ the parson cries.
To church each fair one goes.
The old go there to close their eyes ;
The young, to eye their clothes.”

Other women go to the ornate services of the “ high ” or ritualistic churches because they derive a certain sensuous pleasure from the lights, the gorgeous vestments, the beautiful music, and the scent of the incense. In other women, the attraction of

some favourite preacher may be the real magnet which draws them to church. Indeed, with some emotional natures religion and eroticism are so inextricably mixed that it is difficult to find whether the Creator or the creature is the real object of adoration. When this is carried to excess, religious mania may ensue, and seclusion be rendered necessary. These cases, however, are abnormal and therefore beyond our purview, for we are now only dealing with the normal woman.

Putting aside the thousands who go to church or chapel from ulterior motives, there remain many women who are genuinely and sincerely religious ; to whom belief in a Supreme Being and in the efficacy of prayer is an important part of their lives. These women attend public worship as an act of faith to testify in the sight of others to their attachment to a Heavenly Father. These women are generally sincerely but quietly happy ; their unquestioning faith sustains them in the manifold trials of life and they are upheld and comforted in the most harassing situations by belief in the goodness of an all-wise Creator, and by the sure and certain hope of beatitude and peace in another and a better world. This tranquil happiness is passed on to those around them and a *truly* religious woman radiates kind and gentle thoughts. We do not apply this term—"truly religious woman"—to that class whose religion, so called, is of the harsh and terrifying kind, representing the Creator as a stern and avenging Deity, swift to punish and slow to bless. We do not regard these women as religious, in the best sense, at all. Whether they themselves derive any comfort from their dark and gloomy creed is a moot point,

but they certainly contrive to spread terror and misery around them as far as their family is concerned. The truly religious woman, on the other hand, is a source of joy and comfort, her creed permeates her every action, and then do her husband and children, in the words of the Holy Writ, "rise up and call her blessed."

This brings us to the consideration of the question of religion and marriage. Some women interpret the precept, "Be ye not unequally yoked," with literal strictness, and find no attraction in an alliance with one of differing faith—or none at all. This causes much misery, for the heart knows nothing of creeds and sexual attraction is independent of churches. It might also be pointed out in this place that happy marriages are by no means uncommon among those who are not particularly devout. In other words, a deeply religious tendency in either partner does not *necessarily* have a favourable influence on married life, although it tends to do so.

Among people strictly brought up, difference of faith is sometimes a bar to marriage. One cannot, for instance, imagine a devout Catholic marrying a strict Jew. The Catholics of Ireland seldom intermarry with the Protestants. Yet we have seen some very odd "conversions" previous to marriage: girls from what were supposed to be Christian families becoming, by public profession at any rate, Jewesses, or even, in some cases, Mohammedans. In these instances, the bridegroom was wealthy, so a motive for this curious and sudden change of faith is at once apparent.

Yet we may notice marriages between people of

different religions turn out most happily when husband and wife agree to respect each other's views, showing mutual tolerance and not attempting to force their beliefs upon each other. However, it may sometimes be that as time goes on the views of the married pair will more or less assimilate and a man, careless as to religious matters, will become quite a churchgoer under the influence of a pious wife. In short, while a similarity of religious views may promote harmony and happiness in the married state, yet difference of opinion in these matters is no obstacle to this desirable state of affairs, provided that the pair are in love and mutually sympathetic as regards other things. The wise woman knows how to be tolerant. She remembers that there are good men of all denominations—good Catholics like Manning, good Agnostics like Darwin, good Calvinists like Chalmers, and good Unitarians like Channing. Yet at the same time the wise woman gently endeavours to overcome her husband's prejudices, knowing that prejudice is the child of ignorance. She reminds her Agnostic husband that even if Christianity is all a myth, yet the spirit of the life of Jesus may be used as a model on which to build our lives.

The wise wife will not *overdo* her religion in the sight of her indifferent husband. The hymn tells us that

“Satan trembles when he sees
The weakest saint upon his knees,”

but a wife always ostentatiously on her knees is apt to irritate.

The power of prayer in calming the mind and soothing the spirits is infinite. Moreover, a fixed

religious belief has a positive effect upon the general health.

“ Not only,” says Dr. Lorand, “ will truly religious people avoid suicide and mental depression, with all their fatal consequences . . . but they will also, as a rule, withstand diseases better than others. Truly religious people, when seriously ill, have such a strong faith in their recovery—they inwardly are convinced that God will help them—that this has proved a valuable aid in their medical treatment. The importance of this factor is also confirmed by our friend, Dr. Eberson, one of the busiest practitioners in Amsterdam, who remarked to us that the outlook for recovery was always more favourable in such cases. As Professor Charles Beck, of New York, told us, he often remarked that his religious patients could stand narcosis better : they showed less anxiety and thus the heart action became less excited. Thus religion can undoubtedly tend to prolong life and in this we are not saying anything novel, for it is well known that the mind has a wonderful influence over the body. This fact is made use of by certain religious sects in what are known as ‘ faith cures,’ and that, in certain cases, and especially in nervous diseases, such as hysteria or neurasthenia, these cures may be of service, cannot be denied on the ground of the above observations. The influence of the mind over the body was recognized hundreds of years ago by all great physicians. The great philosopher, Kant, insisted upon it in a special article and Charcot has effected some wonderful cures by such means in hysteria, as have hundreds of other physicians. But while we agree on this point, there are also certain agencies that govern the mind, and religion is one of the most important of these. Therefore, happy are they who are truly religious, for their days may be longer and they are better prepared to meet the vicissitudes of Life ! ”

Religious practices tending to serenity and tranquillity are of a great help when grief or worry is to be supported. The value of religion in prolonging life may be easily tested. Ministers of religion,

though in busy parishes their work is arduous and prolonged, are notoriously long lived. Many parsons in the crowded great cities are carrying out their duties from early morning till late at night, often with no time for proper meals and with no recreation.

Yet they always appear to be happy and healthy, and are able to continue their self-sacrificing labours for many years. Many women workers, too, among the poor and wretched, live to a good old age.

CHAPTER XXVI

THE APPROACH OF AGE

“ An old age serene and bright
And lovely as a Lapland night
Shall light thee to thy grave.”

Wordsworth.

THERE are very few women who can contemplate with any equanimity the approach of age. To bid farewell definitely to the pleasures and interests of maturity seems a bleak prospect indeed. There are, however, ways and means of holding senility at bay and of defying the flight of Time—not by artificial devices, or “rejuvenating” processes which somehow fail to rejuvenate, but by wholesome and natural means. While this book was being written, a beauty contest was held at Turin in which there were no fewer than 130 entrants between the ages of 70 and 100—the first prize being carried off by a competitor aged 96. It is interesting to record the opinions of prominent women in society in England on this contest. For instance, Lady Bland-Sutton said :

“ It is possible for women of advanced age to be beautiful ; but they are not to be found everywhere. I think it all depends upon the life that has been led. For instance, a woman who has raced after pleasure the whole of her life

does not retain her good looks as age advances. It is the woman who has led what can be described as a reasonably quiet life who keeps her beauty. I have in mind now a woman who is just over sixty years of age. She has the most beautiful face and the most beautiful expression which it is possible to imagine. She has led a normally active life, not for herself, but for others—I can even say that her life has been devoted to others—and her face is such as you would find among the inmates of a convent whose sole desire in the world has been to aid and cheer those in need of comfort. These people retain their natural looks ; character and intelligence are prominent, which is not the case of a woman who has been made beautiful by a specialist.”

Another writer on the same subject, Lady Ashfield, expressed this view :

“ The age when women lose their good looks is constantly changing. Years ago comparatively young women looked old : it is not so to-day. Of course, it largely depends upon the woman herself—her physical fitness, vitality, tendency to worry, or the ability to take things as they come.”

This opinion sums up in a few words a most vital aspect of the problem of defying the flight of the years. A worrying woman is not only a nuisance to all about her, but she is imposing a strain upon her own vitality. We all have been acquainted with women who worry themselves nearly ill about imaginary catastrophes and misfortunes that have not happened yet, who look upon every small mishap as a terrible disaster, and paint the future in the blackest colours. These are the women for whom every silver lining has a cloud. They are, for obvious reasons, extremely unpopular with their acquaintances and relatives. The poet was right when he sang :

“ A merry heart goes all the day ;
A sad tires in a mile-a.”

This is not only poetry, but an absolute physiological fact. Worrying women seldom make old bones. A contented disposition is essential to long life, for, as the Scripture says :

“ Gladness of heart is the life of man, and the joyfulness of a man prolongeth his days.”

This text is even more applicable to women than to men, as they are more prone to worry, and—let the truth, however unflattering, be told—to discontent. It is well to cultivate a spirit of contentment with our lot in life, and to look upon discontent as one of the greatest enemies both of body and mind. A good way in which to combat the demon of discontent is to think of the position of others less fortunate than ourselves. Work among the sick and needy is a great alleviator of discontent and envy of those better off.

Akin to discontent is bad temper, and this again is a great enemy of beauty and health. No woman who cannot curb her temper has any hope of retaining her youthfulness and her looks. “ Losing one’s temper ”—as it is popularly called—alters the expression for the worse. The blood rushes to the head, the face becomes flushed or livid, the veins on the temples swell, and a highly perilous situation is created. Blood-pressure is suddenly increased and the unexpected rise of the blood-pressure may find out a weakened blood-vessel with disastrous results. Apoplexy, epilepsy, and even sudden death, lie in wait for the woman who cannot control her temper. An ill-humoured woman unconsciously invites the

onslaught of Time, for premature wrinkles form upon her face, the drooping corners of the mouth add years to the apparent age, as do the lines of discontent and ill-humour which quickly appear when a benign and contented frame of mind is not cultivated.

In another chapter I have insisted upon the necessity of moderation in eating and drinking as a warder-off of premature old age and a prolonger of life. Self-control is one of the finest elixirs of youth, and this applies to everything.

But while, as we have seen, a woman can postpone old age by mental processes, there are also more mechanical means for keeping it at bay. Guineas are charged by beauty specialists for beautifully labelled jars of "skin-food," but it is a physiological fact that these preparations are totally incapable of nourishing the skin. The patient is told to spread a little of the "skin-food" on the face and rub it well in with the tips of the fingers, maintaining a circular motion from right to left. If this instruction is faithfully carried out, a distinct improvement may be seen, the skin looks smoother, and lines tend to disappear. This result, however, is not due to the preparation in the jar with the fanciful label, it is due to the vigorous massage which the skin has received. The preparation out of the jar has simply prevented chafing; a little oil or vaseline would have answered the same purpose. All that "Madame" of the beauty parlour has done is to induce her client to practise face-massage. But, of course, it would not serve any purpose to let the client know that!

Populus vult decipi.

Every woman can use massage as a rejuvenator when the skin has become lined and flabby, and if it is persevered in the results will be astonishing. Take, for instance, one of the infallible signs of approaching age: bagginess of the skin underneath the chin and the parts thereto adjacent. This condition may be banished and the firm, rounded chin of youth restored, as follows :

The chin being rested on the palms of the hands, the underlying muscles should be rubbed vigorously, the position of the hands should be continuously moved, for results do not arrive so rapidly if continuous pressure be maintained upon any part without relaxation. This method, of course, needs patience. Massage, of course, will be of very great benefit to a neck the skin of which has become loose and flabby. There is no part in which the onward march of middle age is so quickly apparent. It is recorded of Ninon de L'Enclos that she retained her youthful neck up to the age of ninety-one, when she died.

It appears that this wonderful woman was fully acquainted with the beneficial effects of friction upon the human skin and with the rejuvenating properties of massage for the muscles of the face and neck. The tips of the fingers and the palms of the hands are used, but without too much energy. A gentle but steady pressure is more beneficial than a furious rubbing. The corners of the eyes, the forehead, the sides of the mouth and the chin should be massaged every morning, and in a remarkably short time wrinkles will disappear and the flabby cheeks look firm and plump as in youth. It should always be

remembered that a healthy, young-looking skin cannot be expected unless scrupulous cleanliness is practised. Women who prefer to daub their faces with lotions and creams instead of employing honest soap and water need not expect to retain a juvenile appearance. To clog the pores with paraffin-wax or lard (the bases of all these toilet preparations), and then to seal them finally with rice powder, is fatal to the skin. Every moment the skin is throwing off perspiration and dead matter, and should be helped in its task by friction and the use of pure soap and water. A sluggish skin throws more work upon the kidneys and other eliminating organs, also the lungs. In the bath, the subject is obliged to exercise the arms and trunk, and thus goes through a form of involuntary gymnastics, and the vigorous rub down after bathing not only stimulates the skin but, by increasing its powers of resistance, wards off chills and rheumatism. "Persons who have been trained since their early childhood to cold water and cold air show a great facility for reaction against cold," remarks Dr. Lorand, the learned author of "Old Age Deferred," and observation will show how right the doctor is. The hardy man who takes a cold plunge winter and summer never seems to feel the cold, and will cheerfully go out walking on the bitterest day without putting on an overcoat or gloves. The ice-cold bath, however, is not for everybody, and women should content themselves with a tepid bath, followed, if liked, by a cold sponge down. A very hot bath is enervating and produces a feeling of lassitude.

A moderate amount of exercise is an excellent

thing for keeping young, especially as during exercise we unconsciously come under the influence of those two incomparable tonics, fresh air and sunshine. Cycling, walking, and riding on horseback are splendid relaxations for the middle-aged woman who wishes to keep old age at bay as long as possible, and yet naturally feels a disinclination for the more strenuous sports of the younger folk. Dancing is good exercise, though, as I have insisted, it has an inevitable accompaniment of heated rooms and late hours, in themselves detrimental to a youthful appearance. There are many other ways of obtaining healthful exercise, plus sunshine and fresh air. There are, for instance, boating and golfing, going for a picnic and exploring the surrounding country, or gardening, which I cannot too often suggest as a splendid tonic.

It will thus be seen that, while the strenuous pursuit of so-called "pleasure" is fatal to a youthful appearance, there is no need for a shawl and an arm-chair as soon as youth is past. Indeed, to resign oneself to middle age is to invite senility, and the best way to keep young is to frequent young society. It is not necessary to imitate the girls of the party in all things; "mutton dressed lamb-fashion" is nauseous, and there are few more painful sights than a middle-aged woman in a girlish toilet, her lined and worn face giving the lie to her would-be youthfulness. Taking a party of young people to the theatre to see some amusing comedy or operetta helps to keep one feeling and looking youthful.

Stagnation of the mind is a certain factor in producing premature old age. Keep the mind active,

mix with young people, read the latest books and discuss them, and take an interest in current events. A game of cards or chess in the evening makes for mental quickness.

CHAPTER XXVII

THE HAPPY MARRIED WOMAN

It is easy enough to be pleasant
When Life flows by like a song,
But the man worth while is the man who can smile
When everything goes dead wrong.
For the test of the heart is trouble,
And it always comes with the years,
And the man who is worth all praises on earth
Is the man who can smile through tears."

NOBODY has a better opportunity of looking into the heart of a woman than the medical man, for if he is sympathetic she will unburden herself to him without any reserve.

The question is often asked if the woman who married during or after the war is as good a wife and mother as the woman of a past generation—also, if she is as happy. The consensus of opinion among such as have the opportunities of knowing—doctors, clergymen, and social workers—seems to be that the woman of the day is hard, selfish, and ungrateful, and takes everything she gets as a matter of course. She may dress well, dance well, and entertain well, yet owing to selfishness is a failure as mother and wife, while if she is reproached for her behaviour she becomes indignant. We are also told that an idiosyncrasy of the modern wife is

making ridiculous complaints against her husband. If he is careful, she says he is mean; if he is generous, he is extravagant; if he works hard, he is neglectful; while if he devotes himself to her, he is lazy. The more generous her husband is to her the more she takes advantage of him and the more she expects. Without any idea of gratitude she is happy only if she can enjoy "a good time." The love of home and children seems to be foreign to her nature. Mothers of to-day seem to view their children from a different angle as compared with those of an earlier generation; one hears, for example, a young mother say, "It's nurse's day out; I *have* to stay at home and look after baby." Women, three weeks after the birth of a child, will leave it to the tender mercies of hired servants while they go off on a week-end visit from which they hope to obtain some enjoyment. In other words, a child is regarded as a drag upon its mother, a hindrance to pleasure, and, in short, a "nuisance."

The same view is taken of other household duties. One has heard a young wife say:

"I didn't marry my husband to be his house-keeper and mend his socks. If he wants his clothes looked after let him keep a valet."

And another:

"Soon after we were married we were going on a visit, and my husband asked me to pack his things for him. I thought this the limit, so I put my foot down and told him to pack his things himself."

On this subject it might be useful to quote a few paragraphs from an article by Lady Ashfield, which appeared in a popular periodical. The writer says:

“ When a woman waits on a man she is not placing herself in a position of subserviency ; she is obeying that higher instinct—to serve—which is common to us all, men and women alike, and without which there can be no happiness in life, whether one be married or unmarried. A married woman may even fetch her husband's slippers and derive tremendous pleasure from doing it. At any rate, thousands of women do these things, and would count the world a dull place if such opportunities did not exist, just as thousands of men would if they were prevented from performing little acts of courtesy towards women.

“ There is nothing inherently servile about service. It is the spirit behind it that counts, which lifts it clear of any suspicion of subserviency and puts it instead on a plane of dignity. The most commonplace tasks have their own importance and, approached in the right way, one may perform them without losing one's soul.

“ Every one in the world can make his or her work valuable. Everybody must serve. It is the duty of those in high places, as well as of those in more humble positions. The world is full of opportunities to do something useful—in charitable directions and in many others. I consider it a privilege to help. There is no room for idle people to-day.”

These wise words might be taken to heart by those foolish young wives who love to prate about their “ pride.” This convenient expression is often used to denote bad temper or sulkiness—neither of which are attributes to be proud of. It is far more a matter of pride for a woman to be a perfect wife and mother, or to do some creative work, or to help on her husband in the world and strive for his success.

Holding one's head high and putting on airs is not a sign of true pride, but rather of an indifference to or defiance of opinion. At any night club one may see a woman of notoriously fast life looking round in disdain upon other women, because she carries

upon her person a few thousands pounds' worth of clothes and jewels, earned by an evil life. In what way does she differ from the wretched street-walker patrolling the damp pavements outside the luxurious night club?

There is a legitimate pride in which a woman may indulge; she may be proud of her family, her husband, or her children. A woman who is in danger of allowing her connubial happiness to be wrecked by this wretched false pride would do well to think seriously before the catastrophe happens. "A soft answer turneth away wrath"; and a woman who possesses an irritable husband should show restraint when he raps out something on the spur of the moment which may be unkind or unjust. If she gently reproaches him when he is in a better frame of mind, nine times out of ten he will show remorse and vow that he did not mean his hasty remark. "Answering back" does not show spirit, but simply lack of breeding. It takes two to make a quarrel; if husband and wife would remember this in time there would be no quarrels to speak of.

There is an old saying that "some men are never satisfied," but this also applies to some women. The writer was consulted by a lady who complained that she was suffering from insomnia and nervous trouble on account of her husband's conduct. As the couple had been married for twenty years and had several children, the case obviously needed investigation. An exhaustive questioning revealed the fact that the lady resented her husband's being "too good." The poor man had no vices, and spent nothing on himself. But when the day's work was done he would settle down after dinner and read

serious literature. Without holding a brief for such a man, it is possible to resent strongly the wife saying, "I wish he would go out and take too much to drink, and fall in love with some girl, for it would at least break the monotony." If this were to come to pass, the wife would have speedily reproached him for his wicked and cruel conduct, and would perhaps have had a serious nervous breakdown. With just cause!

Wives would be much happier if they fell in with their husband's ambitions and took an interest in their hobbies. The writer knows of a couple who owe much of their happiness to the fact that the wife recognizes the importance of sharing her husband's amusements. When she married him he was a champion tennis-player, and she had never had a racket in her hand. She, like a wise woman, resolved that she would learn to play, and by sheer perseverance and hard work she made herself nearly as good a player as her husband. This brings us to another point. Many young women wish to excel in art or sport, but do not care for the drudgery which alone can bring skill. In conversation with Mr. Gerald Allen, the celebrated teacher of voice-production of Great Portland Street, the writer remarked on the lack of good soprano voices on the lyric stage. Mr. Gerald Allen's reply was to the effect that the average girl disliked hard work, and looked upon her singing lessons as an excuse to get to the West End. Society girls would rush in for their lessons after a champagne lunch at one of the fashionable restaurants; they expected to become concert stars without work, and this is impossible. The careers of such people as Melba and Caruso are

cases in point. They did not, even with their natural gifts, reach the top of the tree without hard and strenuous work and self-denial.

No woman can be happy if idle. The pursuit of pleasure brings satiety and leaves the woman "a spirit groping in darkness." If a woman cannot attain success by herself she can find sufficient employment in tending her husband and children, and helping them to success. Many men are kept down by their wives, and on the other hand many are made by them. If a woman wishes to retain her husband's affection and respect, she should show some interest in and enthusiasm for his work. One knows politicians' wives who, although they secretly dislike politics, yet are clever enough to conceal this from their husbands, and will canvass for them and work loyally for them during the turmoil and toil of a general election.

Doctors' wives, in addition to the care of home and children, will do their husband's book-keeping and dispensing, thus taking a great deal of the burden off his shoulders, and leaving him freer to concentrate on his cases. There are consultants in Harley Street who acknowledge gratefully that their success has been due in no small measure to the work of their wives. At the Bar, as in commerce and business, a wife's helpful interest has smoothed the path to success and fortune. All these women have found the true way to happiness.

Some women, with the best will in the world, can be of no assistance to their husbands. They fail not because they are lacking in intelligence, but because they find no pleasure in doing the work, and approach it simply in a spirit of duty. This is

soon fathomed by their husbands, who come to rely upon outside help and relegate their wives to the position of housekeeper.

To advise anyone else on the subject of happiness and how to attain it is very dangerous and is liable to misconstruction; but one may venture to lay down that Duty and Work are the foundation of happiness. The Royal Family set every one in the Empire an example of hard work and selfless devotion to duty.

It is true that all work and no play make Jack a dull boy, and that is why a hobby is essential. Every one should be able to amuse herself without having to depend upon others. The confession on the lips of a young girl that she is "bored to tears" argues little that is good of her heart and her head. One need hardly say that the young wife who finds relief from boredom in dangerous dalliance with men other than her husband is heading straight for disaster. "Comparisons are odious," but they have a great deal to do with happiness.

"A contented mind
Is a blessing kind,
And a jovial heart
Is a purse well lined,"

sang the jolly monk in "La Poupée," and his philosophy was as true as his rhymes. The idle woman who is given to complaining of her portion in life would forget her grievance if she took up some good work which would take her amongst the poor and suffering. Many women have no idea "how the other half lives." Like Marie Antoinette, who asked why the people who had no bread did not

eat cake, or like the Society loungeur who, when told that there were homeless men shivering on the Embankment all night, asked why they did not cash a cheque at their club, they cannot grasp the conditions of any other world but the small and restricted one in which they happen to move.

Kindness, sympathy, tolerance, compassion and forgiveness are the prerogatives of the female sex ; and the unsexed so-called " intellectual " women of modern days, though they may despise them, cannot deny that they are the higher attributes of women.

CHAPTER XXVIII

DANGER SIGNALS

WHILE some women are over-anxious about their health and are readily alarmed by trifling discomforts, others are the very reverse. They will take no notice of the danger-signals which Nature displays, until it is too late and the irretrievable disaster has taken place. Often they bear acute discomfort uncomplainingly, not mentioning their misery even to their husbands or intimate friends. At other times they will complain of what troubles them but will refuse to take any steps to relieve it. "Oh, I shall be all right soon," they will say, with a resigned air. It is difficult to explain this attitude except as an instance of the natural perversity of woman, and her morbid satisfaction in being an injured, suffering, misunderstood person.

Nevertheless, Nature does nothing without a reason, and the continued neglect of her warnings will inevitably have serious consequences. One of these warnings takes the form of *backache*—a symptom with which many women are all too well acquainted. The pain is a dull, constant ache, located in the small of the back and across the hips, but sometimes extending to the front part of

the body. When the patient has been standing for some time the aching becomes so keen that she is obliged to lie down and "rest her back," as the accepted phrase goes. Rest, however, is by no means sufficient, for the backache is only a symptom. It indicates the presence of disease of the womb and pelvic organs, and a physician should be consulted at once.

Another of Nature's warnings is *headache*. At one time this symptom was considered quite a normality, and occasionally to be "lying down with a headache" was recognized as part of the regular routine of life. In fact not to do so was considered ungenteel! We are more sensible nowadays, and we know that a headache is a symptom of impaired health. One of the commonest causes of headache is constipation, and attention to the regularity of the bowels will not only take away the headache but also improve the general health to an unbelievable degree. It is one of the great faults of women to neglect this vital function, a neglect which gives rise to a long train of ills, including auto-toxæmia, or self-poisoning, mental depression, languor, confusion of thought, neuralgia and hæmorrhoids. Remove the constipation by regular exercise and an appropriate diet, and the headache and other disagreeable symptoms will be things of the past.

Another cause of headache is defective vision. The constant strain upon the eyes brings on this symptom, often so severe as to be mistaken for neuralgia. Let the oculist prescribe the proper glasses and the headache will not revisit the patient. It is an unfortunate thing that many women shrink from the wearing of glasses, deeming them dis-

figuring, and thus bring on themselves much avoidable misery. It is impossible to estimate the improvement, not only in the sight but in the general health, when properly fitting glasses are worn.

There are various other pains and aches which are Nature's way of directing attention to dangerous conditions. A pain in the breast should never be ignored. The physician should be consulted at once when such a symptom is noticed. Pain in connection with the monthly function is indicative of something wrong and should not be looked upon as natural and unavoidable. It may often be a simple matter to remove both the symptom and the cause.

Women, except the egotistical and the hysterical, are apt to regard various pains and aches and discomforts as matters of course, and to be accepted, like the weather, as inevitable. This is altogether the wrong view, and the red light on the line should not be disregarded lest a catastrophe take place.

There are other symptoms in woman's life besides pain which call for medical advice. Menstrual irregularities may mean the red flag being Nature's S.O.S. Flooding, especially, should never be ignored, for it may mean cancer or some other form of tumour. Sudden cessation of the menstrual flow for several months may mean other diseases. Therefore any woman suffering from abnormal menstruation should consult her medical adviser at once.

A constant cough may mean consumption—a dull dragging pain in the right side of abdomen, a grumbling appendix—a general feeling of *malaise*,

extreme lassitude, etc., may be the symptoms of toxæmia from teeth, tonsils or elsewhere.

To place on record all the symptoms which Nature supplies to warn Humanity of their diseases would require a volume of the size of the "Encyclopædia Britannica."

If a motor-car does not run as she should do—if she uses too much petrol or oil—if she does not climb hills, or if she misbehaves herself in any way, a keen motorist either finds out the cause and corrects it or delegates this to others.

Similarly if a human being—the most marvellous machine in the world—shows any sign of not being normal, a medical man should be consulted without delay.

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